



SAFE HARBOR @ HOME 2021

AGES: 7-13

TOPIC

All About Me:
Changes

GOAL

Thinking about who you and your family are now compared to before your special person died and exploring those changes

ACTIVITY

Sitting all together, read one of these sentence starters to any family member. After they finish the sentence with their own thought, it is their turn to read one to someone else. If you are a pair, simply go back and forth in no particular order of sentences. And if you are deciding to do this on your own, please write down your thoughts in a private journal.

It is very important that other family members do not interrupt or correct while someone else is answering.

- A) Family meals have changed because...
- B) My relationship with my friends has changed into...
- C) My sleep is
- D) The hardest change for me has been...
- E) The biggest difference in my family is...
- F) The biggest change in ME is...
- G) Some positive changes I would like to see in myself are...
- H) Some positive changes I would like to see in my family are...

QUESTION

Think about one of the changes that came up for you when finishing the sentences above. Is this a temporary or permanent change? Why or why not?

