

Family Reflection



Rules: Let each person have their time to write and share, do not interrupt, do not make fun of or laugh at what others have written or shared, be respectful.

Items provided:

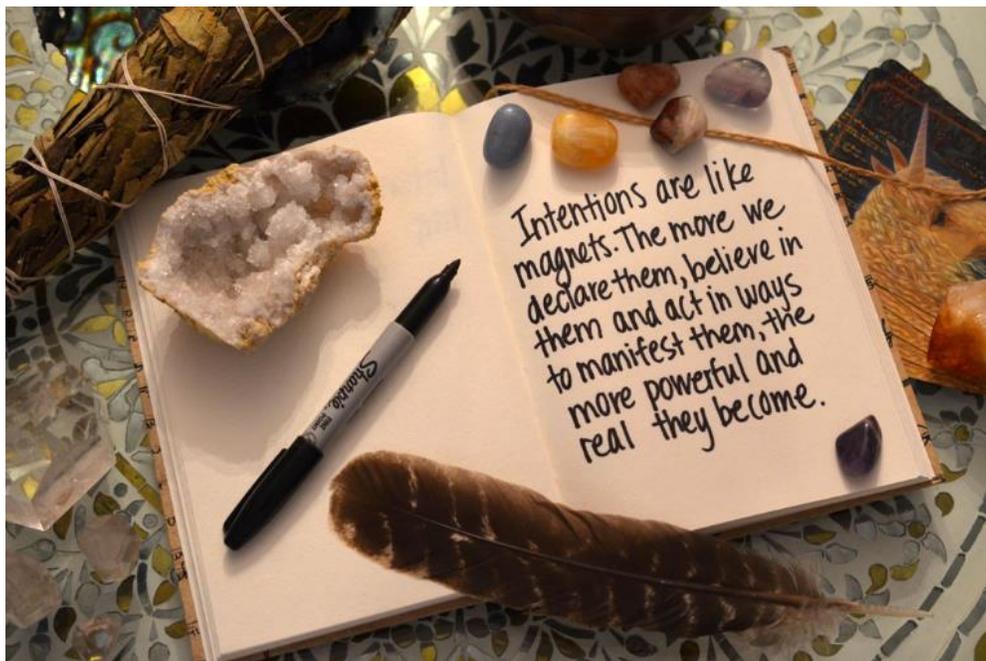
- Journal
- Gel Pen

Creative Expression Writing:

In your journal, or on a blank piece of paper, write down answers and your thoughts to the following two questions. Spend about 10 minutes writing. You can also add a drawing or two to your responses.

"A genie gives you 3 wishes, what are they?"

"What is one thing you are grateful for?"



Sharing Responses to Questions:

Once everyone is done, find a place to sit, maybe the dining room table or the living room couch and take turns sharing your answer to the first question. Thank each person for sharing.

Repeat the process for the second question.

Were you surprised by any of the responses? Yes or No

What did you learn? _____

The journal is yours.

Write down thoughts, ideas, dreams, hopes and accomplishments.

Writing is an important way to express ourselves.

Take time to write each day.

Have fun!



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Creative Expression Writing:

In your journal, or on a blank piece of paper, write down answers and your thoughts to these two questions. Spend about 10 minutes writing. You can also add a drawing or two to your responses.

“What’s the most outrageous thing you saw today?”

“What is one thing you are grateful for?” This could not have been something you mentioned before. This must be something new.



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"You are granted a superpower today. What is it?"

"What is one thing you are grateful for?" This could not have been something you mentioned before. This must be something new.



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“What surprised you today? What was something you hadn’t noticed before?”

“What is one thing you are grateful for?” This could not have been something you mentioned before. This must be something new.



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“What’s a new trend you’d start tomorrow?”

“What is one thing you are grateful for?” This could not have been something you mentioned before. This must be something new.



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