

Activity: Things to Celebrate!



Goals:

- To encourage deliberate planning of fun family activities and celebrations.
- To stress how important it is for families to celebrate or have gratitude for the small stuff
- To teach the skills involved in planning and carrying out a successful and healthy family celebration.



Instructions: Find something small to celebrate with your family and do it this week. Plan to do something special to mark the celebration. Remember celebrating does not have to cost any money! Include your family in decisions regarding any type of celebration, whether it is a birthday party, wedding, graduation party, or holidays. Let your children pick something as simple as what color will be used as the theme for the celebration.



Handouts (and other materials needed):

Things to Celebrate
Celebration Planner

Things to Celebrate

1. _____

2. _____

3. _____

4. _____

5. _____

Moments to Celebrate Planner

What will we celebrate:

Why will we celebrate:

When: Date

Time

Who:

How will we celebrate:



Suggestions for Making It Special

Food

- Family Favorite ☐
- One Favorite Dish for each family member ☐
- A New Recipe ☐
- A Special Dish not Served Everyday ☐

Decoration

- Setting the Table ☐
- Family Ornaments ☐
- Candles ☐
- Handmade Items ☐
- Balloons ☐
- Banners/Signs ☐
- Streamers ☐
- Flowers ☐

Dress

- Dressed Up ☐
- Casual ☐
- Costumes ☐
- Formal ☐

Activities

- Singing/Music ☐
- Prayers ☐
- Talking ☐
- Silence ☐
- Holding Hands ☐
- Family Circle ☐
- Games ☐
- Telling Stories ☐
- Dancing ☐
- Exchanging Gifts ☐
- Exchanging Cards ☐
- Saying Blessings ☐
- Toasts ☐

