



### Objectives:

- To encourage deliberate planning of fun family activities and celebrations.
- To teach the skills involved in planning and carrying out a successful family celebration.
- To reinforce the skills and lessons taught in the early sessions, such as setting expectations, planning, making special meaning of events, etc.
- To highlight the role of positive affect (humor, laughter) in family interaction and in stress reduction.



### Threads:

- This session helps the family frame their trauma history as something in the past and to focus on making and celebrating positive choices and making positive memories.



### Preparation:

- Send out reminders of group to families.
- Prepare all materials.
- Food and facilities planning and preparation.
- Decide on facilitators' roles.
- Update on the status of each family in the group.
- Anticipate any problems that might arise during the session.



### Homework Due:

Things to Celebrate!



### Session Overview:

Activity 1	Family Meal	30 Minutes
Activity 2	Our Own <i>Family Fun Book</i>	30 Minutes
Activity 3	Making Us Laugh	30 Minutes
Activity 4	What to Celebrate? And How?	20 Minutes
Activity 5	Closing	10 Minutes



### Homework to be Assigned:

- Celebration preparation if any.



### Materials:

Tables (1 for each family)  
 Centerpieces  
 Nameplates and session schedules (1 for each family)  
 Place settings/Napkins  
 Nutritious meal/Drinks  
 Materials for family scrapbook pages (paper, hole punch, decorating materials, glue)  
 Apples to Apples *or* Don't Make Me Laugh, Senior version *or* Zobmondo *or* Would You Rather Questions  
 Paper  
 Pens  
 Crayons/Markers  
 Cards/postcards (blank)  
 Chore charts and star stickers (1 pack for each family)



### Handouts:

Conversation Prompts	M3.S14.Prompts
Laughing is Important	M3.S14.Laugh.Important
Laughing Through Life	M3.S14.Laughing.Life
Things to Celebrate!	M3.S14.Things.Celebrate
Planning to Celebrate	M3.S14.Planning.Celebrate
Making It Special	M3.S14.Making.Special
Phone Tree	M3.S14.Phone.Tree
Contact Sheets	M3.S14.Contact.Sheets
Family Rating Form	M3.S15.Feedback
Participant Log	M3.S15.Log
Clinician Rating Form	M3.S15.Clinic.Measures



### Posters:

Rules Poster	Group.Rules.Poster
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### Books:

*Family Fun Book* (flipbook version available at <https://heyzine.com/flip-book/2d3d3ea8f4.html>)

## Activity 1: Family Meal

30  
Minutes**Goals:**

- To facilitate an intimate family interaction.
- To increase awareness of the importance of routine within each family.

**Materials:**

Tables (1 for each family) Centerpieces  
Nameplates and session schedules (1  
for each family)  
Place settings/Napkins  
Nutritious meal/Drinks

**Handouts:**

Conversation Prompts

**Posters:**

Rules Poster

**Instructions:**

Facilitators prepare room by setting tables (one for each family). A simple centerpiece for each table is a nice touch. A nameplate and schedule for the session's activities are also placed on each table. Hang poster with group rules listed in a prominent place where all the families can see it.

Food should be pre-cooked and ready to serve. Food can be served buffet or family style.

Parent(s) gather their children around a table and share a meal together.

Before serving the food:

**Lead Facilitator:** *We are so happy to have you back with us tonight. Let's begin.*

**Co-Facilitator** \_\_\_\_\_ : *First let's thank name of cooks for fixing this wonderful meal. Please help yourselves to some food. Parents, why don't you serve your children first and then make a plate for yourself. Parent(s) should be encouraged to serve their children and then themselves.*

**Co-Facilitator** \_\_\_\_\_ : *To help your family have a good time during dinner, you might want to ask each other these questions or talk about the ideas on these cards. Hand out conversation prompts.*

After the Meal:

**Co-Facilitator** \_\_\_\_\_ : *Refer to poster of rules and review.*

Ask each family the following question: *So, is there anything going on right now that might get in the way of your family taking part in today's group?*

*This session focuses on making time to celebrate special events and family*

accomplishments. So, let's get started.

**Note 1: Facilitators encourage and model appropriate conversation, sharing, and supervision of children. Facilitators try several methods to stimulate conversation including joining the family and modeling or use of conversation prompts. A facilitator might stop at the table of a family and offer encouragement, praise, and suggestions for managing different situations (behavior management, cueing, discipline). Work with families on interactions/behaviors occurring “in the moment”. Remember to be sensitive to and empowering of the parent(s).**

**Note 2: One facilitator should take on the role of process monitor making sure that the session runs smoothly and proceeds in a timely fashion. The process facilitator should encourage families to start finishing their dinner and cleaning up their tables after about 20 minutes to make sure that this activity is finished within 30 minutes and the group is ready to begin the next activity on time.**

## Activity 2: Our Own Family Fun Book



30  
Minutes



### Goals:

- To help families explore ways they can have fun together as a family.
- To encourage deliberate planning.
- To encourage a positive focus and valuing of family accomplishments.



### Materials:

Paper Pens  
Materials for scrapbook pages (paper, hole punch, glue)  
Decorating materials



### Books:

*Family Fun Book*



### Instructions:

**Lead Facilitator:** *We hope you enjoyed your dinner. It is now time to begin our activities for tonight. If you will look at that schedule now, I will tell you a little bit about tonight's group.* Proceed with introducing each activity briefly.

**Co-Facilitator** \_\_\_\_\_: *As we get started on our first activity tonight, I have a book to share with you.* Read “Family Fun” book. Encourage the families to share experiences that make them feel good. They can discuss experiences

included in the book and add additional experiences as well. Encourage them to brainstorm, as a family, activities or experiences that make them all feel good.

**Co-Facilitator** \_\_\_\_\_: After families have had a chance to brainstorm, hand out scrapbook pages and materials. Ask families to create their own “Family Fun” scrapbook pages, including activities and experiences that make each family member and the entire family feel good. Families should also be encouraged to include activities that could make them feel good in the future. Give families about 20 minutes to complete this. Once finished, facilitators can encourage families to share their “Family Fun” scrapbook pages. Encourage the family to add these pages to their scrapbook.

### Activity 3: What Makes Us Laugh?



30  
Minutes



#### Goals:

- To help family members understand why laughter is important and identify what makes them laugh.
- To encourage positive and fun interactions.



#### Materials:

Paper  
Pens  
Teen Game: Apples to Apples *or* Don't Make Me Laugh, Senior version *or* Zobmondo *or* Would You Rather??



#### Handouts:

Laughter is Important!  
Laughing Through Life



#### Books:

*I Love to Laugh! A Book of Fun and Giggles*



#### Instructions:

Facilitators know the small group well by this point in the group. Pick fun activities that will make folks laugh.

**Lead Facilitator:** Let's tell some jokes. Ask children to share some jokes they know.

*Now, it's time to break into smaller groups. Remember, each facilitator will take a different group, one for the adults, one for teens, one for the older children, one for the younger children, and one for the babies. Let's begin by forming those groups.*

Facilitators gather their groups together. When the groups are formed and quiet, facilitators move one group at a time to their designated areas.

**Lead Facilitator (Adult Group):** Hand out “Laughter is Important” and “Laughing

Through Life,” which outline the importance of laughter and developmental differences in humor. Discuss with parents why they think laughter is important. Discuss the importance of balancing positive experiences for families who have experienced trauma. Encourage parents to share examples of funny things their children have done or said. Ask parents what types of fun, laughter-promoting activities they do with their children now. What types of activities would they like to do more of? If needed, a few minutes can be taken at the end of the breakout group to discuss treatment planning for each family as the group draws to a close.

**Co-Facilitator (Teengroup)** \_\_\_\_\_: Facilitate discussion with teens about why they think laughter is important. Discuss what makes them laugh? What activities do they enjoy do to laugh with their peers? Lead teens in a game to promote fun and laughter. Facilitators can choose between Apples to Apples; Don't Make Me Laugh, Senior version; or Zobmondo: “Would you rather” Questions.

**Co-Facilitator (Older Childgroup)** \_\_\_\_\_: Ask the children what fun things they like to do and what makes them laugh. After the discussion, encourage fun in the group by either singing silly songs together or playing “Sound and the Fury” game. Suggestions for songs are listed in the handout “Fun and Silly Songs.” To play “Sound and the Fury,” the facilitator and the children all stand in a circle. The facilitator starts by modeling a funny gesture with their whole body paired with a silly sound. Everyone else in the group has to imitate the movement and sound. The child standing to the right of the facilitator then models their own gesture paired with a silly sound. The group then imitates the first gesture and sound, followed by the new gesture and sound. Circle continues clockwise until all children have had a turn. Each round the group will imitate all the previous gestures and add the newly exhibited gesture and sound at the end.

**Co-Facilitator (Young Childgroup)** \_\_\_\_\_: Ask the children what fun things they like to do and what makes them laugh. After the discussion, encourage fun in the group by singing fun and silly songs with the children. Suggestions for silly songs are listed in the handout “Fun and Silly Songs.” The children can also initiate singing their favorite silly songs.

**Co-Facilitator (Babygroup)** \_\_\_\_\_: Read babies “I Love to Laugh! A Book of Fun and Giggles.” Play the included games and activities with the babies as you read the book, including Peek-A-Boo, Itsy Bitsy Spider, and Ring Around the Rosie.

**Note 1: Facilitators for each group should start wrapping up the discussions or games after 25 minutes to allow 3-4 minutes to transition back to the family meeting room.**

## Activity 4: What to Celebrate? And How?

20  
Minutes**Goals:**

- To encourage a positive focus and valuing of family accomplishments.
- To encourage deliberate planning.
- To help families explore ways that they can make family events memorable.

**Materials:**

Paper  
Pens  
Crayons/markers  
Cards/postcards (blank)

**Handouts:**

Things to Celebrate  
Planning to Celebrate  
Making It Special

**Instructions:**

**Co-Facilitator** \_\_\_\_\_: *We asked you to complete a page during the week listing some things that your family could celebrate. Hand out additional copies of “Things to Celebrate!” to those families who did not bring one back. Hand out copies of “Planning to Celebrate”. If you have not already done so, please talk with your family now and list some of the things that your family has to celebrate. If you have already listed all the things that your family has to celebrate, review that list, and pick one thing on the list that you want to plan and carry out an actual celebration for. Make some plans for celebrating. Decide when you will have this celebration, who will take part, etc. You can write down your plans on “Planning to Celebrate”. On the back page, you can talk about how you will share the jobs for getting ready for your celebration. Give families about 10 minutes to complete this.*

**Co-Facilitator** \_\_\_\_\_: *Part of any celebration is making it special. There are lots of ways to make any event special. Hand out “Making It Special”. Think about what you are going to celebrate and look over the list of ways to make it special. Pick some ways that you would like to use. You don’t have to pick any of the ones that are on the list, you can use your own ideas, too. Give families about 5 minutes to complete this.*

**Co-Facilitator** \_\_\_\_\_: *Even when something is well planned, things can still go wrong. For the last part of our activity tonight we will spend a few minutes problem solving so that you can think about what might go wrong and how you would fix it. Refer families back to “Planning to Celebrate” worksheet. Have each family list all the things that they can think of that might go wrong. Then have each family come up with solutions.*

If time allows, encourage families to share their celebration choices with the group. *Please, tell us some of the things on your list to celebrate and the one that you decided*

on. Also, please tell us some of the things you plan to do to make your family celebration special. Encourage each family to take a turn. Give lots of praise to each family as they share.

Younger children can be kept occupied with making invitations to the celebration for each family member.

### Activity 5: Closing

10  
Minutes



#### Goals:

- To increase sense of group cohesion.
- To practice planning and implementation of rituals and routine.
- To assure continuity from one session to the next.



#### Materials:

Chore charts and star stickers (1 pack for each family)



#### Handouts:

Phone Tree  
Contact Sheets  
Family Rating Form  
Participant Log  
Clinician Rating Form



#### Instructions:

**Lead Facilitator:** *We want to thank everyone for taking part in tonight's group. It is now time to finish this session and at the end of every group, we do a few things to end the group and to get ready for the next group.*

**Co-Facilitator** \_\_\_\_\_: *Is there anything that we still need to do to finish tonight's activities? I want to let each family know what a good job they did. Tell each family, or a family member, one thing that they did especially well.*

**Co-Facilitator** \_\_\_\_\_: *Introduce and review the topic for next week. Next week we will finish this program on family traditions and say "Good-bye". Is there any special activity you would like to add to the final session (i.e. potluck dinner). You just talked about how to make a celebration special for your family, how can we make this celebration special? Spend a few minutes making plans for the celebration.*

**Lead Facilitator:** *We want to make sure that we stay in touch during the week, so let's continue to try the Buddy System or Phone Tree. Now, let's end by closing rituals. Cue families to acknowledge the end of group to other family members as well.*



*Please complete your family rating form now and hand it in. Thanks.*

**Facilitators complete participant log and clinician rating form.**



**Homework to be Assigned:**

- Celebrating (if the family's celebration is planned for this week)