

# Enduring Traditions



Make a list of your family's traditions and routines that have lasted through all of the changes:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

Your family has been through a lot. Sometimes it is important to acknowledge or mark these events and changes.

Plan a family activity to help deal with this.

We will deal with

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by carrying out the following family activity:

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Who will take part:

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<hr/>	<hr/>
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<hr/>	<hr/>
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When will we do it:

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What will we do:

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Who will do what to get ready?

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Who?

What?

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