

# MONTHLY MISSION

## COPING WITH CHANGE

### WEEK ONE:

- Make a jar for family gratitude notes
- Visit a new spot in town
- Share a change you've enjoyed
- Enjoy a family fun time. You choose!
- Draw life 'before' and 'after' a change
- Call or video chat with loved ones
- Pick motivating messages to display

### WEEK TWO

- Rearrange a room together
- List 10 changes you've handled
- Co-write a story about the change
- Enjoy a fun activity to recharge
- Cook a new recipe together
- Enjoy our Meal Mat about change
- Discover and read a book about change

### WEEK THREE

- Celebrate your change victories!
- Groove to a new music style together
- Tackle a new task together
- Help someone through change
- Enjoy a family tradition. You choose!
- Take a new route to work or school
- Pick a different treat today

### WEEK FOUR

- Brainstorm the pros and cons of change
- Discuss: What have I learnt about change?
- Learn about someone else's change
- Do 5 minutes of mindfulness together
- Swap where you sit at dinner
- Make a fun play about change. Film it!
- Celebrate! Choose your next Monthly Mission!

Write your affirmations here

