

Focusing on the Future

Youth & Children will

1. Recognize their own strengths and super powers
2. Understand the importance of balancing all aspects of their life
3. Maintaining a healthy support system
4. Summarize what they have learned throughout the group/meetings

In Today's Class We

We watched Lilo & Stitch to describe Lilo's family dynamics, her strengths, and how she balanced her social life, family, and hobbies. Then, in our resilience handbooks answered "What makes me great?"

Activities To Do at Home

- Create Daily Affirmations with each other
- Be a **ROLE MODEL** by taking time to take care of yourself too
- Read "A Grandfamily for Sullivan"

The Affirmation Song

<https://youtu.be/1XYoduQMAjU>

