

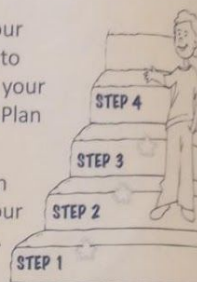
**Let's party!!!**

## **Family Activity 10: Practise these activities together with all of the family**

### **10A Coping Step Plan Update**

Using your extra Coping Step Plan worksheet at the back of your book, your Family Activity for you to work on over the next few weeks is to continue to climb the steps of your Coping Step Plan. Remember, if you have finished your Coping Step Plan, try to achieve another goal. Write another Coping Step Plan and begin to climb the new steps, using all the skills that you have learnt.

If you haven't yet climbed last week's step, you might like to break it down into smaller ones that will be easier for you to climb. Remember to use your FRIENDS skills to help you, such as relaxation, helpful thoughts, and so on.



### **Fun Activities to Share Every Day!**

- 😊 Happy things – at dinner time talk about a happy thing that happened to each person in the family during that day. It does not matter if it is a small event – everyone needs to find one item to talk about. Try to find out as much as possible about it.
- 😊 Fun – talk about the many things that you and your family can do to have fun together. For example, you could do a family puzzle, or do some crosswords or word searches. Why don't you try making your own up!?

Discuss as a family how in small steps you can all improve on:

- 😊 Being active together as a family every day – could you walk to a park for a barbeque together, then play Frisbee or fly a kite?
- 😊 Healthy eating and drinking – could you find out where your food comes from?
- 😊 Rest – could you be as quiet as a mouse and lie still for a little while after school? When you feel calm and cool, have a nice glass of fresh water.
- 😊 Sleep – are you sleeping lots? Great if you are! If not, try being in the dark for a while before bed (the dark sends secret messages to your body to get ready to sleep!).

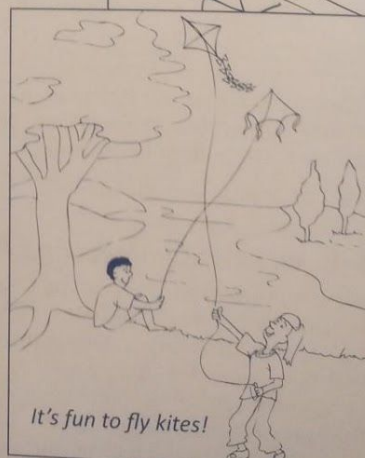
*Playing a board game with your family*



**STAR IDEA**

Do your relaxation at bed time to help you have happy dreams!

Decorate the pictures.  
Be creative!



*It's fun to fly kites!*