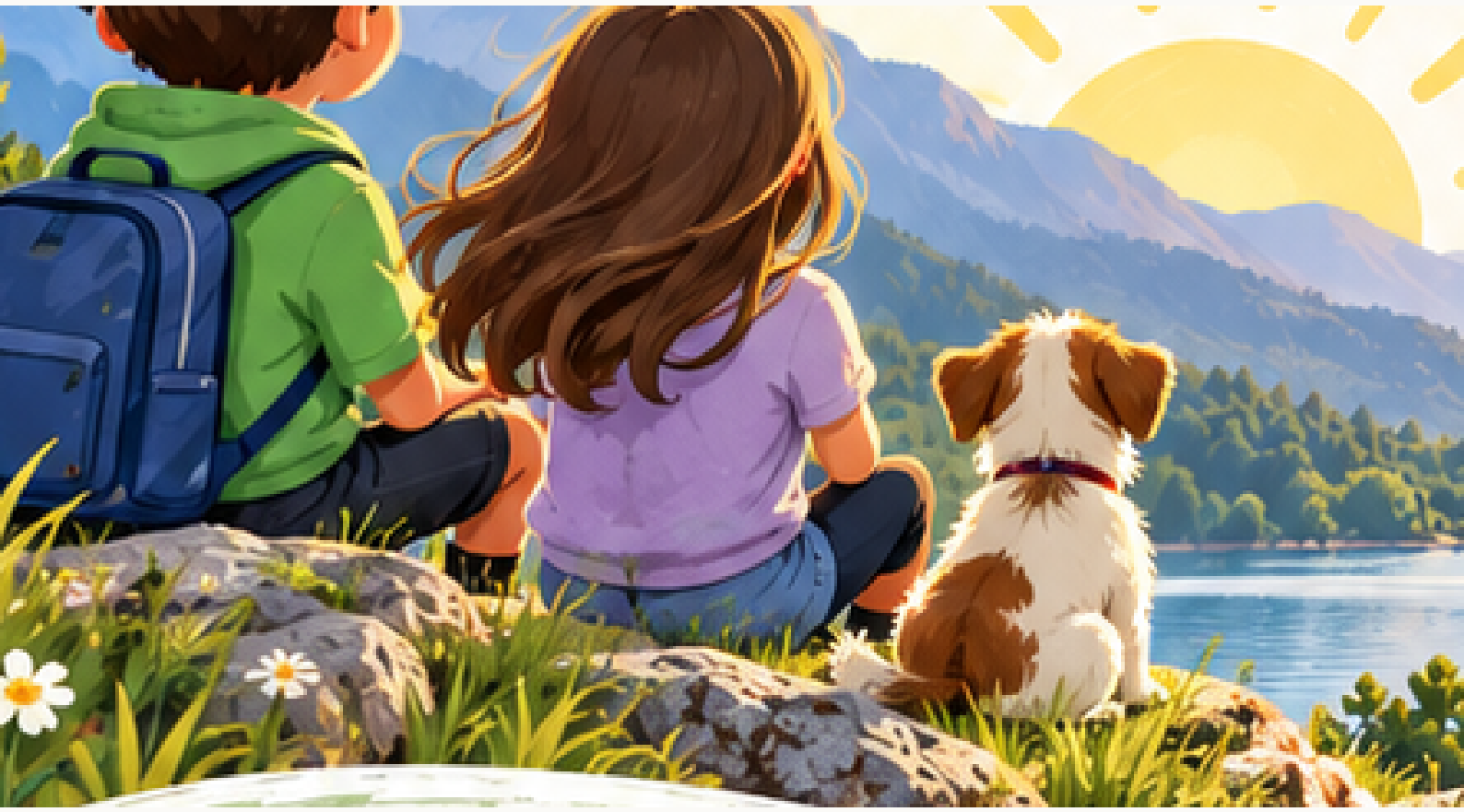
WATKINS THERAPY GROUP | ürspace

THE GRATITUDE & REFLECTION SERIES

Gratitude & Reflection Together

FAMILIES EDITION

Make space to listen, appreciate and grow together.



LISTEN | APPRECIATE | BELONG

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START TOGETHER

Welcome to our family journal

A place to notice the good, hear one another and make room for everyone.

A small moment together can matter.

Use these pages around a table, on the sofa or whenever a few minutes feel possible. You can write, draw, take turns talking or choose to pass. There is no perfect answer and no requirement to feel positive all the time.

Our intention for this journal

One thing we would like more of in our family life...

How to make this a good experience

- Give everyone a turn, including quieter voices.
- No teasing, correcting feelings or forcing anyone to share.
- Younger children can draw or dictate to a grown-up.
- Pause when someone needs a break.

TOGETHER AS A FAMILY

The people in our family

Everyone belongs. Use names, nicknames or little drawings.

Voice 1

One thing I want my family to know about me...

Voice 2

One thing I want my family to know about me...

Voice 3

One thing I want my family to know about me...

Voice 4

One thing I want my family to know about me...

One thing we enjoy doing together

TOGETHER AS A FAMILY

Our family check-in

Start with how everyone is feeling, not with what needs fixing.

How are we feeling right now?

Everyone can choose a word, draw a face or simply pass.

- ☐ Calm
- ☐ Happy
- ☐ Tired
- ☐ Worried
- ☐ Upset

Something that went well

Invite each person to share a small moment, or leave space for a drawing.

Something we need from each other

More listening, a little rest, time together, practical help or something else.

TOGETHER AS A FAMILY

Good things we noticed

What went well, even in small ways?

A moment that made us smile

It might be funny, peaceful or unexpected.

Something we handled together

No matter how big or small.

One thing we would like to do again

Make room for what works.

TOGETHER AS A FAMILY

Our gratitude circle

Take turns naming something or someone you appreciate.

Person 1

Today I appreciate...

Person 2

Today I appreciate...

Person 3

Today I appreciate...

Person 4

Today I appreciate...

What felt good about hearing each other?

TOGETHER AS A FAMILY

Everyone has strengths

Different people bring different things to the family.

Person 1

One strength I see or bring...

Person 2

One strength I see or bring...

Person 3

One strength I see or bring...

Person 4

One strength I see or bring...

Our family is stronger when we...

TOGETHER AS A FAMILY

Listening to every voice

One person speaks while the others practise listening.

Turn 1

Something I wish we understood better about me...

Turn 2

Something I wish we understood better about me...

Turn 3

Something I wish we understood better about me...

Turn 4

Something I wish we understood better about me...

One thing we heard today

TOGETHER AS A FAMILY

How we show care

Care can look different for each person.

I feel cared for when...

Words, help, play, affection, space or being listened to.

I can help someone feel cared for by...

A small action I can choose.

We could make caring easier by...

One change we can try as a family.

TOGETHER AS A FAMILY

Big feelings, gentle responses

All feelings are welcome, while behaviours still need safe boundaries.

What I notice

When feelings get big, my body might...

What helps me

Things that help me settle without hurting anyone.

What others can do

A helpful response from my family is...

What to avoid

A response that makes it harder is...

One idea we want to try

TOGETHER AS A FAMILY

Our calm and comfort plan

Create a plan for difficult moments before they happen.

Early signs

We might notice...

Pause and reset

We can take a break by...

People and places

A trusted adult or calming place is...

Coming back together

When ready, we can reconnect by...

Our family reminder

TOGETHER AS A FAMILY

What matters to us

Values are the things that guide how we want to treat people.

We want our family to be...

Choose three words that feel important.

We already show these values when...

Remember a time you lived them.

One value we want to practise more

What would it look like this week?

TOGETHER AS A FAMILY

Make room for fun

Connection does not always need a serious conversation.

Something that makes us laugh

Share a silly moment or favourite joke.

A low-cost thing we enjoy doing

A walk, a game, cooking, music or something else.

Our next little bit of fun

What can we plan together?

TOGETHER AS A FAMILY

A memory worth keeping

Draw or write about a time you felt connected.

Our favourite shared memory

Draw, add photos after printing, or describe your ideas in words.

What makes this one special?

A few words about our memory

TOGETHER AS A FAMILY

When we disagree

Disagreements happen. The goal is to stay respectful and safe.

BEFORE YOU BEGIN

Let people speak one at a time. You can take a break. Listening does not mean you have to agree.

What helps

When we disagree, I find it easier if...

What makes it harder

When we disagree, I struggle if...

Our agreement for tricky moments

One fair, kind step we can each practise next time...

TOGETHER AS A FAMILY

Making things right

Repair can start with a small, honest action.

One thing I can take responsibility for

Focus on your own actions, not blame.

A kinder choice next time

What might you do differently?

How we can reconnect

A chat, a practical action, time or a gentle gesture.

TOGETHER AS A FAMILY

A goal we can share

Pick something achievable that matters to your family.

Our shared goal

What would we like to create or improve?

One small next step

Something we can realistically do this week.

How we will encourage each other

Remember progress matters more than perfection.

A LITTLE, OFTEN

Seven days of connection

Small shared moments are enough. Tick any day you give it a go.

Choose the ideas that work for you.

- [ ] 01 Say one kind thing to someone
- [ ] 02 Have a screen-free chat
- [ ] 03 Share a favourite memory
- [ ] 04 Do one helpful thing
- [ ] 05 Enjoy a silly moment
- [ ] 06 Spend 10 minutes together
- [ ] 07 Tell someone what you value

What did we notice?

TOGETHER AS A FAMILY

Family traditions, our way

Small routines can become important memories.

Something we already love doing

A tradition worth keeping.

A tradition we would like to start

Think birthdays, meals, weekend routines or check-ins.

Our first step

When and how could we begin?

TOGETHER AS A FAMILY

Looking ahead together

Make space for realistic hopes and shared excitement.

Something coming up that excites us

A little thing or a bigger plan.

Something we might need help with

Support is a strength, not a failure.

A step we can take as a family

What feels manageable for everyone?

REUSABLE PAGE

Our weekly family check-in

Repeat this page whenever it feels useful.

A good thing from this week

Take turns. A small win counts.

Something that felt tricky

Listen without needing to solve it immediately.

One thing we can do together next week

Keep it simple and achievable.

TOGETHER AS A FAMILY

A message to our future selves

Celebrate what makes your family unique.

Dear future us...

Draw, add photos after printing, or describe your ideas in words.

A few words we hope to remember.

A date to look back at this

CONTINUE TOGETHER

Keep the conversation going

Return to the pages that feel useful. You can repeat them as often as you like.

There is no perfect family.

What matters is making room for care, curiosity, honesty and different feelings. Notice the little efforts and keep learning together.

One thing we want to take with us

Support and privacy

This journal is not therapy or an emergency service. If the conversations bring up distress, pause and seek appropriate professional support. Children may need the help of a trusted adult. Avoid sharing completed pages without everyone's agreement.

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