



2022 YEAR END CELEBRATION

How to wrap up the year with thanks and self-appreciation and to recharge for the coming year!

Creative self-enriching activity

Great fun activity for the family

Lets make a toast on your achievements

Personal growth

Gratitude

Caring others

Inner peace

XXXX

Being who you are

Self love

Stay healthy

Happiness

Quality friendship

Being kind

Having fun

Love relationship

XXXX

Authenticity

Balanced life style

Listen to your heart

XXXX

Mindfulness

Enjoying life

Strengths

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Set a time out in a cosy setting, write out 12-18 things that you've done this year that made you feel proud (Including the qualities that you'd like to thank yourself for)

For the entire family

1. First person to share what he/she did well in the year and the self-quality he/she likes to appreciate
2. The rest of the family also shares what they think (did well, likeable quality) of the first person
3. Then take turns for the next family members till everyone has a sharing
4. Make a toast at the end of each sharing and all together at the end to recognize self and each other's achievements and great qualities

Tips for parents

Depending on the age of the children, the writing part may be replaced by drawing, post-it, verbal sharing, collage crafting or marshmallow adding into hot chocolate!

* you know what works the best for your children *



Place the list in a visible place for a month (for recharge self-affirmation, if verbal sharing, mention it a couple of times again)





GIFT 1



**** Print this page for your activity ****

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(Including your qualities that you'd like to thank yourself for)

Self-Appreciation

Recognize

My Achievements

Once completed the list, make a toasting ritual to drink up your self-recognition and self-appreciation