

## DAY 1



# Our Christmas Wishes

### THE ACTIVITY

Each family member writes 3 wishes for this Christmas season—not gifts, but experiences, feelings, or traditions you hope to create together.

### HOW EVERYONE PARTICIPATES:

**Ages 3-6:** Draw pictures of wishes, tell adult what they hope for

**Ages 7-12:** Write their own wishes with help as needed

**Teens:** Write deeper reflections on what Christmas means to them

**Adults:** Share hopes, model vulnerability, facilitate sharing

### CONVERSATION STARTER

"What's your favorite Christmas memory from when you were little?"

### GRATITUDE PROMPT

Share one thing you love about each person in your family.

### KINDNESS CHALLENGE

Text or call a relative you haven't talked to in a while.

**Supplies:** Paper, pens, maybe a special box to keep your wishes in

