

A LOOK BACK ON 2020



- 2020 was very strange year for many of us, and children showed resilience when faced with all the restrictions.
- There has been positive moments that came out of 2020 however; more time spent together as a family or walks in the park or on the beach
- Reflecting on this year gone by is important for children in order for them to process it and for you as the parent to understand what your child might be feeling.
- Whilst reflection on the past can be beneficial it is also important to focus on the year ahead and whether your child wants to set any goals or tasks for themselves. Why not do this activity together with your child.



Looking back at 2020

What I will most remember about 2020

My favourite experience with family

My favourite experience with friends

Something new I did in 2020

My favourite programme I watched

My favourite movie I watched

One kind thing I did for myself

One kind thing I did for someone else

Looking ahead to 2021

Something new I would like to try

Somewhere I would like to go

Something I will stop this year

A book I plan to read in 2021

My goals for this year are

One way I will show kindness to myself

One way I will show kindness to others



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