

A Year in the Life

2020 was very strange year for many of us. Children showed resilience when faced with school and extra circular activity closures, rules regarding social distancing and not seeing grandparents and friends.

There might have been some positive moments that came out of 2020, however, like more time spent together as a family, walks in the park/on the beach and perhaps a greater connection with grandparents and loved ones through different digital platforms using facetime or zoom calls.

Reflecting on this year gone by is important for children in order for them to process it themselves and for you as their 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.

Copy out the below prompts onto some paper or a journal for your child, or download and print our [PDF template](https://www.barnardos.ie/media/10408/a-year-in-the-life-reflection-activity-mind.pdf). <https://www.barnardos.ie/media/10408/a-year-in-the-life-reflection-activity-mind.pdf> (Tip: print in black and white to save on your ink).

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 in 2020
- My favourite movie I watched in 2020
- One kind thing I did for myself in 2020
- One kind thing I did for someone else in 2020

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 in 2021
- One way I will show kindness to others in 2021