



LauraLynn

IRELAND'S CHILDREN'S HOSPICE

LAURALYNN CHILDREN'S HOSPICE

MOMENTS THAT MATTER TO ME

Family Activity Resource

TO HELP INSPIRE CREATIVITY AND
ENCOURAGE MEANINGFUL MAGICAL MOMENTS

A large, colorful rainbow with seven bands (pink, orange, yellow, green, purple, blue, and red) arches across the bottom half of the page. The rainbow is set against a light blue background. At the bottom corners, there are white, fluffy clouds that partially overlap the rainbow's base.

Children's
HOSPICE WEEK

At LauraLynn every moment matters.

Families get the opportunity to make memories at LauraLynn, moments that really matter.

Currently due to the COVID-19 (coronavirus) pandemic, our traditional way of providing care and support to our families is no longer possible, so we are adapting and finding new ways to provide opportunities for creativity and engagement within our community.

So for Children's Hospice Week this year, we have created a resource for families so that we can all take part and celebrate #MomentsThatMatter together. This **Moments that Matter to Me** activity book is a legacy building portfolio where we hope to inspire creativity and encourage magical moments between family members. We have included activities to promote targeted communication with a grandparent/godparent/parent, activities to spark curiosity to ask questions, it supports song writing skills, brings you on some magical story telling and so much more. We really hope you have fun and together create many moments to remember.

We hope you share your photographs, song writing skills and baking brilliance with us throughout the week. Don't forget to tag LauraLynn i and use the hashtag **#MomentsThatMatter**

Also keep an eye on our social media platforms across the week, we will also be sharing supporting videos on the LauraLynn YouTube Channel.



LauraLynn
IRELAND'S CHILDREN'S HOSPICE

Children's
HOSPICE WEEK



**MOMENTS
THAT MATTER
TO ME**



Creative Time

Me & My Family

Music Making

Story Time

Baking Time



**CREATIVE
TIME**

MAKING MEMORIES LAST


How to capture family memories with a COVID-19 Time Capsule

In this time like no other, we are suggesting you start putting together different items and mementos that will remind you in years to come about the lockdown in 2020. Creating a time capsule will give you the opportunity to treasure memories and think about at the moments that really matter to you during this crazy time. No one has experienced anything like this before and with that brings many challenges, but it can also bring us closer together while staying apart in the safety of our own homes and with our own families.

Wouldn't it be great to remember all the different things we got up to during this time and put all these memories in a Time Capsule? The Time Capsule can be hidden and stored so it can then be opened in many years to come and it will show others how we spent our time in lockdown.

What you need to do to start making your Time Capsule

Choose your Time capsule container, pick a box or container you would like to use, if you are hiding and storing your time capsule indoors something like a shoe box, wooden box, biscuit or sweet tin or even a big lunchbox will work; anything that will allow you to put things inside and close. If you want to hide it outside somewhere or bury it under the ground, make sure you pick a container that is weatherproof and non-biodegradable such as a tin or stainless-steel container.

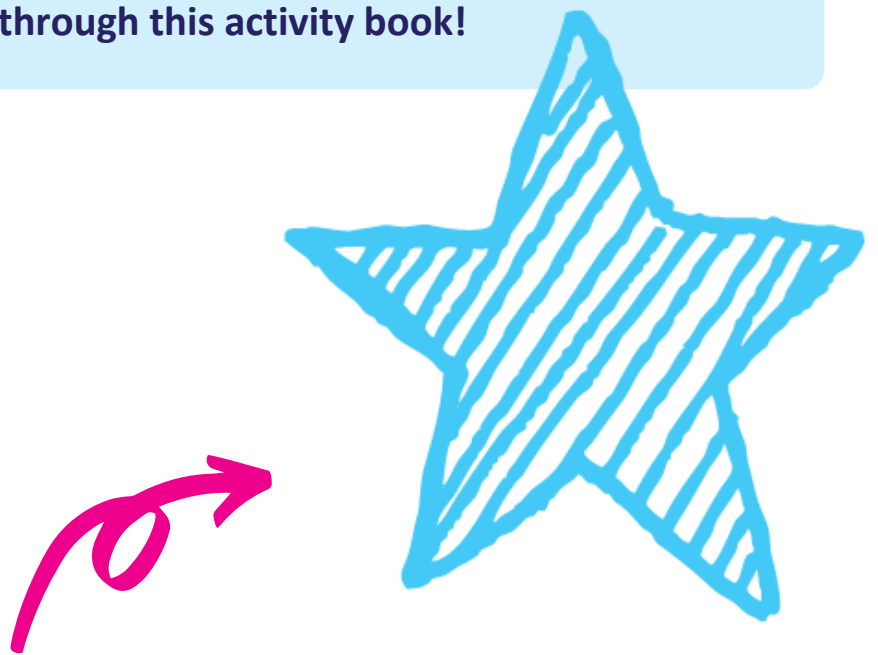


Decorate your time capsule with coloured paper or stickers or even cover it with your newspaper clippings or photographs. Use whatever you like and be as creative as you want! This is for indoor storage; you would need to weather proof your box if decorating and burying it outside.

MAKING MEMORIES LAST

Gather photos of your family and pets during the time of lockdown, art you have created, any items that are significant to your family or to the times we are living in, newspaper clippings, things you like to do while at home or even write a letter giving your own experiences and thoughts about what is happening at the moment.

Don't worry we have lots of ideas and fun things you can add to your time capsule as you work your way through this activity book!



Anywhere you see this blue star,
there is an activity where you
can create something for your
time capsule!

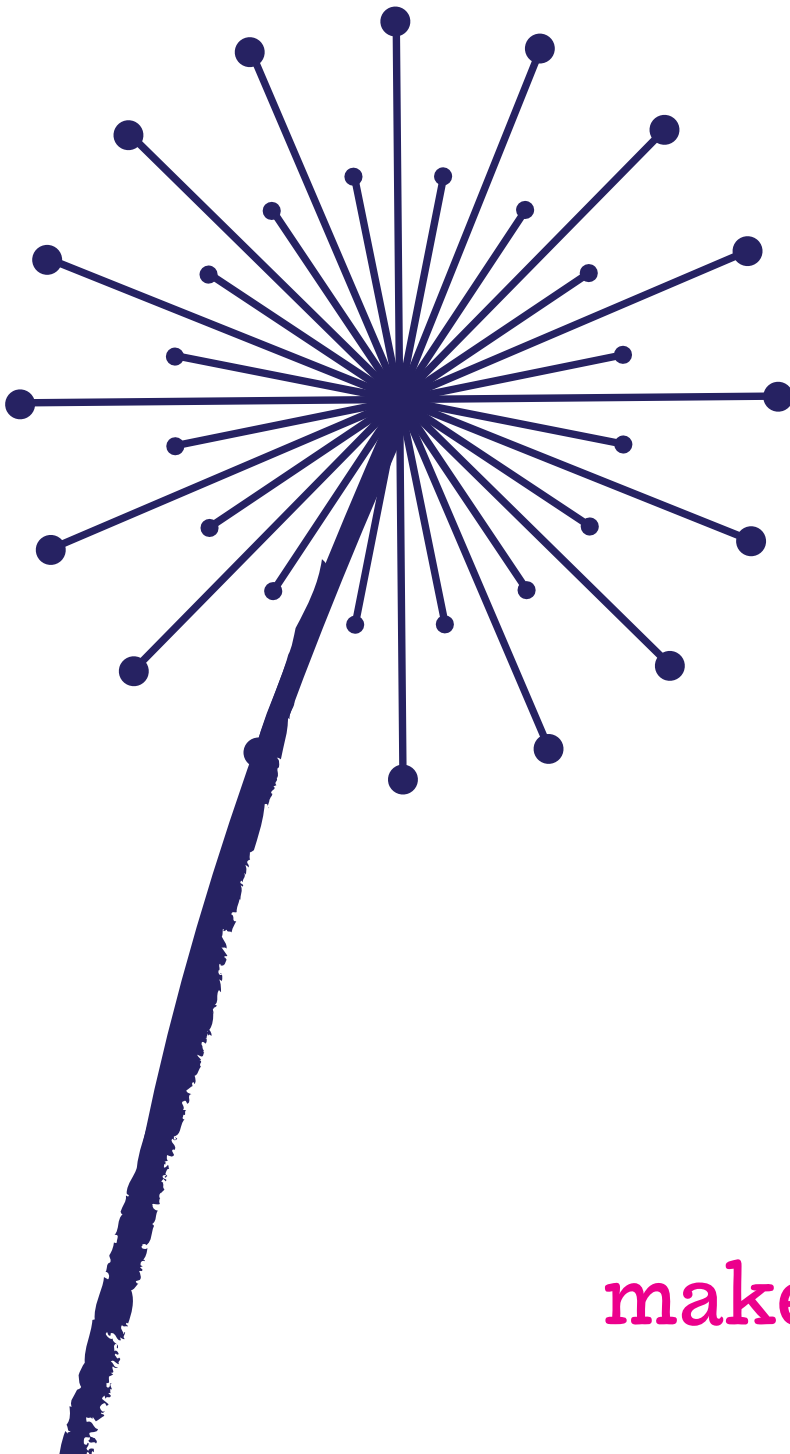
OUR HANDPRINTS...

Why not make a handprint family portrait! Get paint or coloured paper and stick handprints from all your family on this page!



FINGER PRINT ART...

Complete the dandelion image below with lots of fingerprints from all the family...and don't forget to make a wish!



make a wish....

CAPTURING MEMORIES...

LauraLynn supporter and friend Jenny McCarthy, of Photos by Jen



Moments that Matter happen all around us every day, we just need to watch out for them and when they happen be on hand to capture them. Taking photos is lots of fun and even more special when you get lots of nice things said to you about your pictures. Remember, you don't need a big fancy camera, your phone will do a great job for you. So with these few simple tips you can head off now and capture some Moments that Matter.

Have fun, love Jenny x

YOUR CAMERA

You don't need a big fancy camera to take photographs, sometimes a phone is just as good!

BE QUICK!

Moments happen very quickly so having your camera at the ready is important.

POSING OR NOT

You don't have to ask people to pose for an image, sometimes the best moments are the ones that are not posed!

THE LIGHT

The light is very important in a photo. If you are taking a picture in the house, try to take it with people facing the light. For example if someone is standing with a window behind them then the image will be a silhouette. If you turn the person around and face them towards the window you will have much nicer light and a better photo!

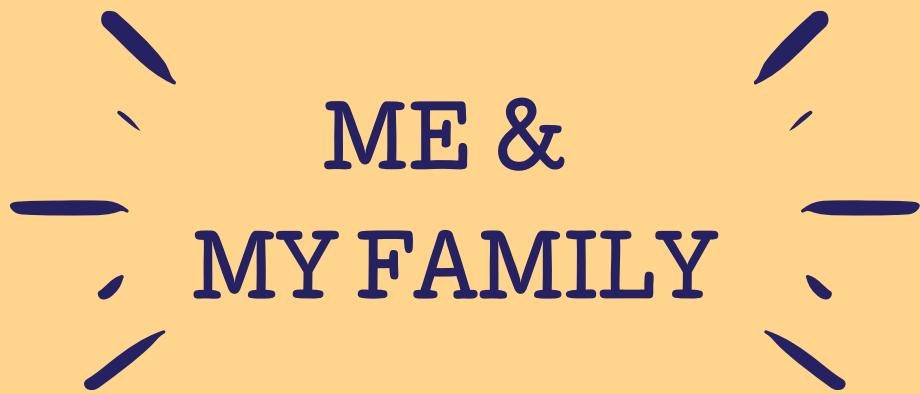
LITTLE MOMENTS

An image of a mum or dad holding their child's hand is a lovely moment, if this happens just zoom into it with your camera and snap than memory.

THE PORTRAIT

Capturing a timeless portrait of a member in your family can be priceless! Using my tip about the light will come in handy. Face them towards the light and get in nice and close to them. Just focus on their head and shoulders and the result will be magic!



A decorative graphic consisting of several dark blue, brush-stroke-like lines radiating outwards from the center, framing the text.

**ME &
MY FAMILY**



A MOMENT IN TIME

This is a record of my family life on _____

Name: _____ Age: _____ School: _____

My best friend is...

My favourite food...

My favourite colour is...

My favourite book...

My favourite place to visit...

My favourite film...

I would like to learn more about...

My favourite animal...

I would like to work on...

My favourite subject in school...

My favourite sport...

My favourite toy...



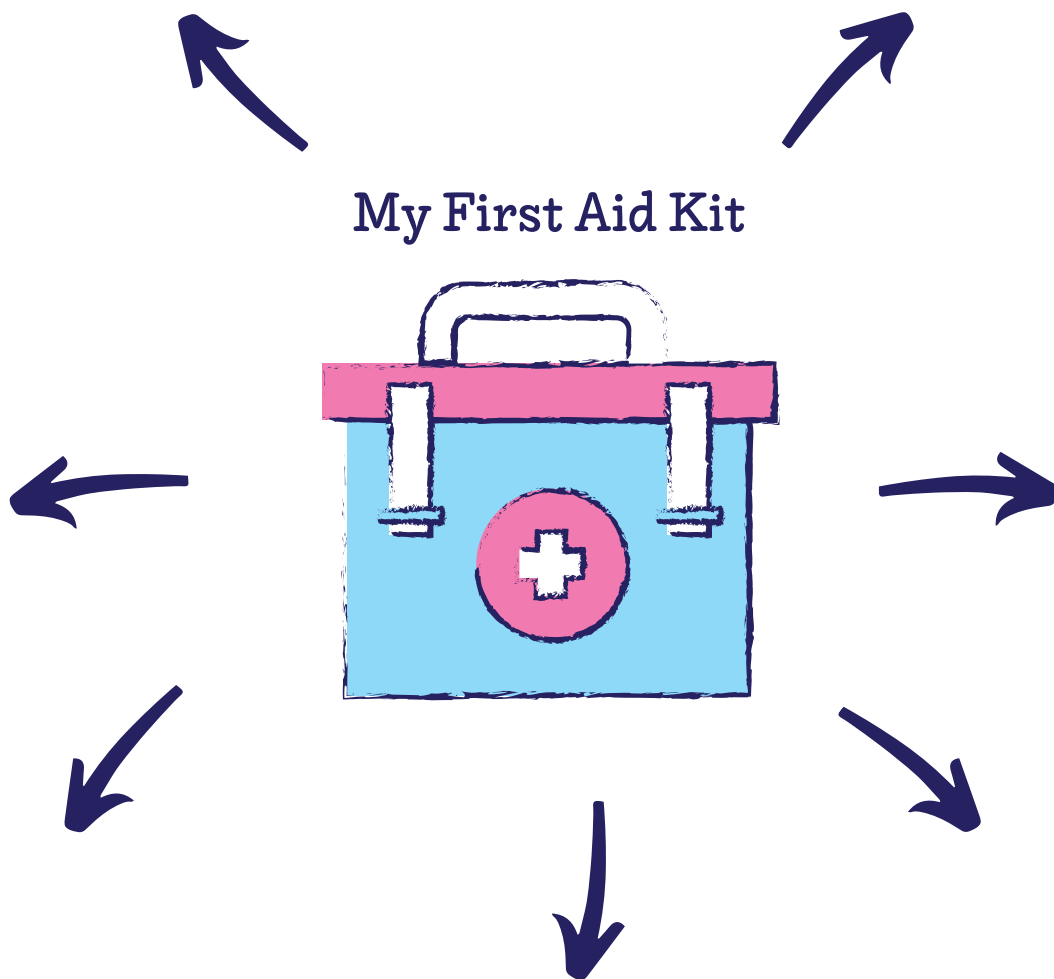
MY FAMILY TREE

Draw or write in the names of all your family members



LOCKDOWN FIRST AID KIT

Looking to the first aid kit in the picture. Pretend you could fill it with things that would help you to feel better at this time.



E.g. ...talking to a friend, painting, looking at photos, singing, talking to an adult, a cuddle, helping others, listening to some music, painting, reading and writing, a bedtime story...

INTERVIEWS



Why not interview your parents and grandparents...

When and where
were you born?

What was mom/dad
like growing up?

What was your
first job?

What kind of games
did you like to play?

Did you have chores
growing up?

Did you have electricity,
tv, phone?

Did you have pets?
What were their names?

Did you play sports ?

What was your
favourite dinner?

What was your first childhood
memory?

Did you have pocket money?
What did you spend/
save it on?

What did you get into
trouble for?

ART GALLERY PAGE



Something I am proud of...


Me...

Anything...

What social distancing looks like ...

Who you are staying with

The worst thing about social distancing



**MUSIC
MAKING**

CHILDREN'S HOSPICE

WEEK SONG 2020

What Matters

Chorus 1

What matters to you
Matters to me
What matters to me
Is how we'll all be
At the end of this all
That's the picture I'll draw
Of us happy, together and free

Verse

For now we will stay
Safe in our homes
Keeping safe, keeping strong
For that's where we belong
Finding things we can do
That aren't work, That aren't school,
Together we'll be

Chorus 2


What matters to you
Matters to me
And what matters to me
Is how we'll all be
At the end of this all
At the end of this all
Together we'll be

Chorus 2

What matters to you
Matters to me
And what matters to me
Is how we'll all be
At the end of this all
At the end of this all
Together we'll be

Chorus 1

What matters to you
Matters to me
What matters to me
Is how we'll all be
At the end of this all
That's the picture I'll draw
Of us happy, together and free



Visit the [LauraLynn YouTube Channel](#) for a video of Helen our Music Therapist singing this song for you all!

LET'S WRITE A SONG!

Where should we start?!

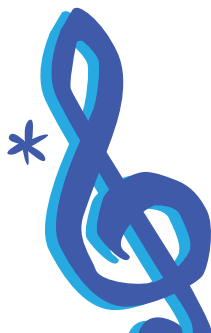
Gina Bowe in her book *Adventures in Songwriting** says 'Songs are simply a creative way to communicate a message, story, emotion or opinion'. So if we want to write a song we have to think 'What is it I want to say?' What is important to me right now? What would I like the world to know about me and what I am up to? How am I feeling about it all? This will then be the theme of your song and the message you have to tell to the people who will listen.

We decided to write our own song for Children's Hospice week this year. As the theme of Children's Hospice Week is 'Moments that Matter' we thought our song should be about what matters to us. At the moment with the Covid pandemic in Ireland we think it is quite a challenging experience so we wanted our song to capture our thoughts and feelings about what matters most to us during this time.

Here are some ideas you could work with:

- What matters to me?
- Lockdown days at our house
- Feeling my way through this strange time
- Family
- My favourite things

**Bowe, G & Smith S (2017) Adventures in Song writing Middle C Books, St Charles, USA. eading*





LET'S WRITE A SONG!

Song Structure

The chorus might have more or less lines than the verse but will also have a similar number of words or syllables in each line. This links in with the rhythm of your music which we will talk about later.

Let's go back to the words you have written down and look at the groups you have put them in. Can you now look and see which group might be good for your chorus?

We decided to make our chorus quite repetitive and use just a few phrases for it. We have a similar amount of words in each line which creates our rhythm – this is the part of music that encourages us to clap our hands, or move our bodies when we hear it. In our song we decided to have two choruses and just one verse – you can really make your song however you want it to be.

Our chorus:

*What matters to you, matters to me,
And what matters to me is how we'll all be, at the end of this all, that's
the picture I'll draw, of us all happy, together and free.*

Our other chorus!

*What matters to you, matters to me,
And what matters to me is how we'll all be, at the end of this all, at the
end of this all, together we'll be.*

LET'S WRITE A SONG!



Song Structure

Use the other words you have grouped together to become your verse. The verse is the way to tell ;listeners more of your story. Like the chorus – keep a similar number of words/syllables in each line so you create a nice sense of rhythm.

Here is our verse:

*For now we will stay
Safe in our homes
Keeping safe, keeping strong
For that's where we belong
Finding things we can do
That aren't work, That aren't school,
Together we'll be*

Melody & the Tune!

So now we should have our lyrics nearly ready and possibly a sense of the rhythm of our song. We now need to make the 'tune' or 'melody'. These are the sounds we use to sing the words.

If you know a little about music already you might know we call these notes. This can be a hard job! But we find the easiest way to do this is Improvisation.. that means you just start trying to sing the words without thinking and see what sounds/notes come out of your mouth.

You only need to find a short number of notes that work well together and you can repeat these a number of times. It can be useful to record your attempts on a phone or computer so you can capture those you like and keep them. Record a few different versions then listen back to hear which pieces you would like to keep and which you will let go. If at first you don't succeed – try, try, try again!

LET'S WRITE A SONG!

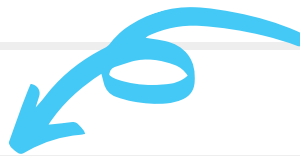


Don't Worry...

Don't worry about the final product while you are working- just do a little bit at a time and see what happens. Your song will grow over time.

This song is for you and nobody else – don't worry about what people might think. Just think about what you want to say and if there is a message, story, opinion or feeling you want to capture. When it is finished you can decide if you want to share it with others or just keep it for yourself.

Most importantly have fun and enjoy the process.!



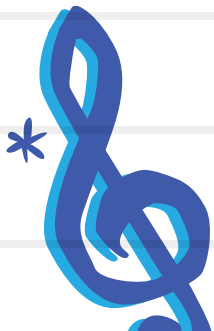
*Why not start
working on your
lyrics now...*

A series of horizontal lines for writing lyrics.

Song:



Written by:



YOUR FAMILY AND MUSIC

What is the soundtrack to your family life?

What songs live in your head?

What music have you heard with your ears all through your life?

What music has made your body move or relax?

What thoughts and memories live alongside this music?

How does it make you feel?



Each of us has a collection of music that lives inside us somewhere. Lots of clever people have researched where we keep it – but a lot of the time it is a bit mysterious. The reality is that at any time there is music we like to hear and music that we don't. Music that makes us respond and music that we don't respond to. This can happen on many levels. On a sensory level- we may feel excited or calm; on a motor level -we may feel like moving or just sitting back and resting; on a cognitive level- it might make us think about certain things; or on an emotional level we may feel inspired and happy, thoughtful or maybe even sad....

Do you notice how you use music each day in your lives? Are you aware how your family use music and what the soundtrack to your family life is?

This week we challenge you to notice....

1. What music are you listening to?
2. How do you respond to this music?
3. What does it make you think about?
4. Who or what does it remind you of?
5. What memories does it evoke?
6. How does it make you feel?

YOUR FAMILY AND MUSIC

If your family made a playlist of music and songs that are important to them and tell their story what would be in it?

Why not put this playlist in your time capsule...



SONG / PIECE OF MUSIC	ARTIST / BAND	MAKES ME THINK ABOUT.....	MAKES ME FEEL....





STORY
TIME

SENSORY STORY TIME

- STICKYMESS

We created this social sensory story to capture some of what is happening around us in the midst of the Covid pandemic. It is quite a scary and anxious time for some families and children and this story explores elements of what we have been asked to do in society as a response to the Covid virus as well as some of the feelings it might evoke in us. It provides a framework to potentially make sense of what is happening in our worlds.

Sensory resources needed:

- Something sticky – Cleaver plants / sellotape / masking tape balls
- Wet wipes/clothes to wash hands/face
- Something soft to help calm down
- 2 metre measurement (sweeping brush or similar) and soft things (balls) to throw at each other
- Blanket/Cloth to wrap around each other.
- Songs – check our Children’s Hospice Week Sensory Stories Videos on our YouTube channel if you would like to hear the songs and sing along.

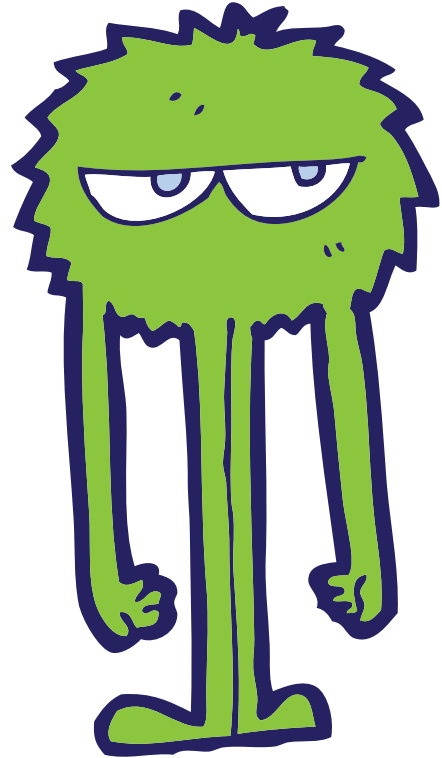


STICKYMESS

Once upon a time
There was a time like no other,
And that time – was this time,
Now and here.

Not in a place far away,
Though it did start in a place far away,
A little creature arrived.
We never learned their real name,
but for the sake of our story
we will call them Stickymess

Now Stickymess is called that because
that's what he is -very sticky.
Everywhere he goes he sticks to people,
on their clothes, on their hands
and even up their noses!
He'll stick anywhere he can



***SENSORY ELEMENT:** Using cleaver plants, sellotape or masking tape balls, stick these on the children you are supporting to engage with the story*

***SONG:** Stickymess*

'That is why, ever since Stickymess showed up.
everyone has to be very careful to wash their hands
and keep everything very clean

***SENSORY ELEMENT:** Using wet wipes or damp cloths wipe your child's hands clean or support them to do this for themselves;*

***SONG:** This is the way we wash our hands*

STICKYMESS

Now Stickymess is quite a mysterious character.
Nobody really knows where he was born,
who his family are or where he belongs.
But what seems clear is that Stickymess is a bit of a disaster!

He is running around like crazy, jumping from person to person.
He seems angry and a bit scary!
But maybe that's the kind of angry and scary you get when you feel lost and
are very afraid.
You know that kind of scared when you shout and scream and jump around
because you just don't know what else to do?

So it might be that Stickymess is pretty lost..
He doesn't know what he is, or where he is going,
But he is on his own and trying to find his way home,
Only he doesn't know where that is....

Now Stickymess noticed that us lovely humans
have nice homes and families and he likes how that looks.
So every chance he gets he jumps onto a new person
and tries to go live with them and their family.
But this just isn't his place.
He needs different things than us humans.
He makes us feel funny when he gets stuck on us.
So we have to find clever ways to help Stickymess to calm down,
to stop running around like crazy,
and then find his way back to far away
where he might belong.

***SENSORY ELEMENT:** Use some soft fabric to gently rub your child's
arms/hands/cheeks and say 'Everything will be OK'*

SONG: Calm Down – Everything will be OK

STICKYMESS

Stickymess has been to a lot of countries.

Some people from those countries said:

‘You need to go home to your houses with your families and stay there.

Stickymess likes lots of attention and gets more excited and mad the more attention he gets. For a very small guy he can jump very far ... nearly up to two metres!

So you need to stay that far away from other people if you don’t want him to jump from them to you....

SENSORY ELEMENT: Use something from your house to outline 2 metres in distance; Now throw soft objects/balls to each other across this distance, or stand this distance away from your child and throw the soft items towards them

SONG: Stay at Home

Stickymess longs for his own home where he can stay

Someone once saw him looking at a family and heard him say:

‘Wow look at all those people close together,

Look how they eat and play together, tell stories, get funny and mad with each other & have fun! How I long for that! ‘

The longer he was around the more he saw families spending more and more time together. He thought that looked really nice....

He wondered what that was between them all that made them stay together?

So he tried to Google it lots of strange stuff came up!

But the thing that came up the most was this word ‘LOVE”

What is that he asked?

Google wasn’t sure but said ‘I think It’s like a warm, cozy blanket – it gets wrapped around everyone in the family, it holds them close and safe and no matter how far one of the family go away the blanket will stretch to cover them.’

Ah said Stickymess- I’d like a blanket like that!

STICKYMESS

SENSORY ELEMENT: Wrap some soft fabric or blanket around you and your child/children.

SONG: *Wrap a blanket around you*

So in the midst of the madness that Stickymess created it seemed there was some silver lining.

He made the world slow down.

He made it so people didn't drive so long to work so much,
and that families stayed at home and had time together.

And that's as far as the story goes for now,

because this story is happening in the here and now,

And in places not far away.

But people in places farther away who have met Stickymess before said again,

'Keep doing what you are doing,

Stay at home with your nice family.

Make some good memories and have some fun!

For soon Stickymess will get tired like he did when we met him,

And then he will go on his way and try once more to find his own way home'.



Visit the LauraLynn
YouTube Channel for a
video of our team
reading this story for
you all!

SENSORY STORY TIME

- THE TIME CAPSULE

This is our final sensory story for Children's Hospice Week this year and tells the story of children finding a time capsule in their garden. Families will have had a chance to work on their time capsule throughout the week and through this story will open it and show all the things they have put in there.

If you haven't made a time capsule- then get a container/box and put some personal items that tell a bit about you and your family in there. It is good to have things that appeal to our different senses- sight, touch, hearing, smell, taste.. and to encourage those taking part in the sensory story to explore these elements.

Sensory resources needed:

- Time capsule/box- shiny finish full of objects that appeal to our different senses.
- A larger box to put the time capsule in along with some soil and leaves that the time capsule can be buried in;
- We have some songs to accompany this story – check out our YouTube channel to hear them in our Time Capsule sensory story video.



THE TIME CAPSULE

It was another sunny day so Greg and Jane decided to spend time in their garden.

They have been out there a lot more since the school holidays began...

Who knew there was so many things hiding behind the brambles? Old bikes, a broken down tree house and even the remains of an old stone wall.

This morning ,as they explored something shiny caught Jane's eye

SENSORY ELEMENT: Show shiny time capsule with some light reflecting off it

'Greg' called Jane 'check this out!' She moved some old soil and leaves away to reveal a curious shiny object. 'What is this?' she exclaimed as she dug it out. It rattled as it moved.

SENSORY ELEMENT: Support those engaging with the story to move some soil and leaves off the time capsule which is buried under soil in your large box;

'Wow! Some kind of funny container' said Greg.. 'sounds like there is something in there! Open it up!'

SONG: Open it up!

So with excitement the pair opened the container to see what lay inside....
An old card with beautiful writing fell out and this is what is said:

'Once upon a time

There was a time like no other,

And that time – was this time,

Now and here...

A strange virus came to visit and we were all asked to stay at home for week and weeks,

It was a bit scary at times – we were afraid that the people we love might get sick,

THE TIME CAPSULE

but everyone is doing OK and what actually happened is we spent a lot of time together and became very creative.

We made this time capsule to capture our memories so we would never forget how it was and what really mattered to us during this 'time like no other'.

'How strange' said Greg 'What else is in there?'

'A photo' it says 'this is everyone who we could see around us while we stayed at home... Mum, Dad, Marianne, Josh, Jacob, Mugsy (the dog) and Flitter (the goldfish)'.

SENSORY ELEMENT: Taking a photo from the time capsule show and speak about who is in it.

SONG: Oh what a beautiful photo.

'What else is there?' asked Greg:

'A recipe book- by Marieanne' said Jane.

'Here are the things we enjoyed eating while we were all at home together. It was a bit more complicated to go to the shops so we got a lot of food delivered... I baked a lot of banana cupcakes and Josh learned how to make French toast. Mum and Dad made lots of Pizza – because Josh and Marianne love pizza. Jacob still had his feeds – he didn't eat any pizza but did taste Dad's homemade ice-cream. Here are our recipes if you would like to see what our food tasted like.'

'Cool!' said Greg 'I love pizza'.. 'And what is that?'

'I don't know' said Jane. 'It's some kind of noisy thing? It looks a bit funny?'

'Maybe it's a shaker' said Greg 'I've seen some like that people made at home. Shake it and see... '.

THE TIME CAPSULE

SENSORY ELEMENT: *Take out shaker and shake it; Those who can might like to dance;*

SONG: *SHAKE, SHAKE (Twist & Shout)*

Greg started a funny dance while Jane shook the shaker... they both laughed and then returned to see what else was in the capsule.

'What's this?' said Jane a bit puzzled 'it's a little bit of cloth!!'. 'It's got something written on it!' Greg exclaimed. This is what it said:

' This is a tiny corner of Jacob's favourite blanket. He has had it since he was a baby and today it is his 6th birthday. We had a party for him during the lockdown and invited his Granny and Grandad to join us through Zoom. Jacob snuggles with this blanket every day. He loves how it feels to touch. I remember times when we all curled up together with it; Marieanne, Josh, Jacob and me. Now they are all too big to fit in there. But I love those moments when Jacob and me still snuggle up with it and sing 'Twinkle, twinkle, Little star'. All these years later that is still Jacob's favourite song. It makes him smile every time. These have been some of my favourite moments during this time. While it has been strange for us all to be working from home, I have loved being with my children so much more and doing simple but nice things with them. I want to always remember how these moments have been the 'silver lining' that came with the lockdown'.

Signed Jacob's Mum.

SENSORY ELEMENT: *Explore and feel the little piece of cloth from your time capsule.*

SONG: *Twinkle, Twinkle & Silver Lining*


THE TIME CAPSULE

'Who are all these people?' asked Greg? 'I don't know' said Jane. 'Let's go show Mum' Mum looked a bit worried when she saw Jane and Greg coming with dirty hands and feet and a handful of strange things. 'Look at what we found in the garden Mum- a time capsule!'

They emptied the contents onto the table. As Mum started to look her face widened... 'Oh my Goodness!' she exclaimed. 'That little girl in the photo is my Granny!! Wow!'. As she looked through all the objects she smiled. 'I remember hearing stories about this "The strange lockdown of 2020". People had never experienced anything like it. The whole world stopped and people stayed at home for weeks and weeks. Nothing has been the same since. It was a bit scary at the time. But everyone slowed down and people changed things in their lives so they didn't rush around so much. They realised they actually really liked spending so much time together. Even the leaving cert got cancelled!'

'What's the Leaving Cert?' asked Jane. ' Oh never mind' said Mum smiling 'it doesn't matter!'

CLOSING SONG: What matters.



Visit the [LauraLynn YouTube Channel](#) for a video of our team reading this story for you all!



BAKING CORNER

A very special friend of LauraLynn's, Volunteer Prince Hugh, wanted to share something he has been doing during lockdown! To pass the time he has been baking lots and lots of yummy cookies - so he thought you could join in and make some too!



Ingredients

340g plain white flour

225g butter (Leave the butter out of the fridge to soften for a couple of hours before you start)

160g brown sugar (I like dark soft brown (muscovado) sugar, but you can use demerara sugar, or white caster sugar – it will still be delicious)

2 medium-large eggs

1 heaped teaspoon of baking powder

1 level teaspoon of salt

300g milk chocolate (I like to use Dairy Milk, but whatever chocolate you like works – Aldi chocolate is also lovely. Chopped up chocolate bars are much nicer than chocolate chips)

Makes about 30 cookies

Method



First step is to preheat the oven to 170 C

Then prepare 3 baking trays with baking parchment paper.

Chop up your chocolate bars into good sized chunks – if using Dairy Milk bars, each block should give you 2 or 3 chunks.

Beat the butter and sugar together until creamy.

BAKING CORNER

In another bowl, mix the flour, baking powder & salt.

Beat the two eggs and gradually add them into the butter and sugar, and continue to beat the mixture.



Stir your dry ingredients (flour etc) into the buttery/sugary/eggy mixture and mix together well.

When the dough is well mixed, pour in your gigantic bowl of chocolate chunks and mix them so they're evenly mixed through the dough. The dough should be quite sticky and FULL of chocolate



Using your hands (this could get messy) shape the dough into small flattened balls and place them on the baking sheets. They're going to spread quite a bit in the oven, so they only need to be about 4cm across to become nice big cookies. Make sure you leave plenty of space between them on the sheet.

Put the trays into your hot oven (be careful!) and bake for 12-15 minutes. Keep an eye on them – once they begin to turn brown on top they are nearly done. If you like a gooey chewy cookie you can take them out when they're light brown. If you like a crispy crunchy cookie leave them in until they're a darker brown.



Place the trays on a wire rack and leave for a few minutes. The cookies still need a little time to settle – don't try and eat them right away!

After a few minutes, take the cookies off the baking trays and leave them to cool on the wire rack.

Final step – eat and enjoy!



REFLECTION

In response to the threat that COVID-19 poses, our natural reaction is to experience fear and to withdraw. While this is not our fault, it can make it difficult for us to register in an open way what is happening within and around us.

With this in mind we created this family activities resource 'Moments that Matter To Me' so we can remember times that have been good in this moment for us individually and as a family. What we miss first time around, cannot later be recalled.

Pema Chodron wrote about this in a more eloquent way. We invite you to reflect on these words and to develop a habit of registering, even if it is for fleeting moments in your day.

If we commit ourselves to staying right where we are, then our experience becomes very vivid. Things become very clear when there is nowhere to escape.

We have really enjoying putting these ideas together for you all. We hope you got your creative juices flowing and had some fun times with your families working through our ideas here.

The Team at LauraLynn



#MomentsThatMatter



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