

### Family Reflection

This month, we will take some time to talk about our feelings, especially when we feel sad or worried, and how we can support one another with love and faith. Please take some time to think about and discuss the following questions:

#### What makes you feel sad or worried?

- Feeling left out or lonely
- Having a disagreement with a friend
- Trying something new that feels challenging
- Worrying about school, family, or changes
- Seeing someone else upset or hurt

#### Who do we go to when we need help?

- Talk to a parent or family member
- Reach out to a teacher or a trusted adult
- Share your feelings with a friend
- Pray and talk to God about what is on your heart

#### How can we help others who are sad or worried?

- Listen with care and kindness
- Invite someone to join you or spend time together
- Say something kind or encouraging
- Pray for them

#### What is one way we can show care this week?

- Check in with someone who might be feeling lonely
- Say a kind word to someone who seems upset
- Offer help at home or at school
- Take time to pray for others
- Be patient and understanding with those around you

#### Parent Resource:

To support this month's focus on feelings, we invite families to explore Catholic Mom's reflection on emotions. This resource reminds us that our feelings are a gift from God and helps guide conversations about expressing emotions with love, understanding, and faith.

<https://www.catholicmom.com/articles/feelings>

#### How?



Make the time to reflect and share your Faith journey with your children.



Complete ONE family reflection to submit at school.



Return your reflection to school by the due date.

**Family Homework Due: April 28**



# Family Faith Journal



Family Name: .....

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