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Dear \_\_\_\_\_,

Because you are part of an amazing family, I am giving you this **CELEBRATE FAMILY BOOK**.

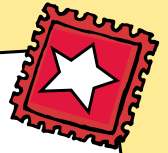
We all have families, and every family is unique.

In this book, you'll get to think about the people in your family and the ways that they are special to you. You'll find activities that let you get to know them better, create fun times together, and bring you closer to them, so you can enjoy your family even more. There are also ideas for ways to get through life's ups and downs with them and pages to record your favorite family memories.

Along the way, you'll discover that you are a very important part of your family!

I hope this book will help you enjoy exploring all the reasons you have to celebrate you and your one-of-a-kind, special family!

From, \_\_\_\_\_



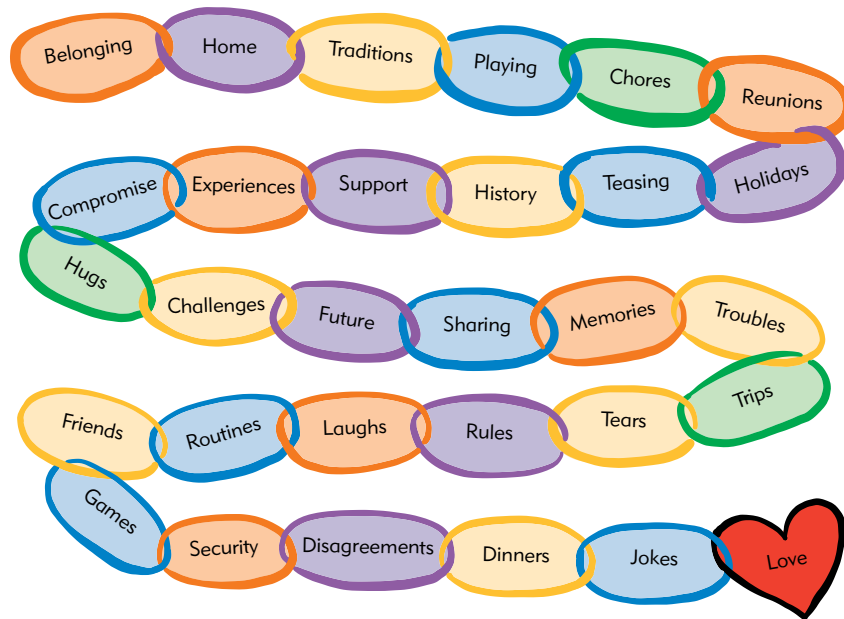


WHAT MAKES A FAMILY?

A family includes you and the people who love you, care for you, and support you.

They are the people who joke with you; laugh or cry with you; fight and make up with you; and share, learn, play, and grow with you.

Families are made of bonds that link them together for life.



There are Many Kinds of Families

Families are like jigsaw puzzles! Each family member is a unique and important piece, and the pieces fit together to make a one-of-a-kind family.

In some families, kids live with a mom and dad, and in others they live with only one parent, or with two moms or two dads. Kids can also live with other relatives, like grandparents or aunts and uncles.

Sometimes kids are adopted and become part of new families or live with foster families.

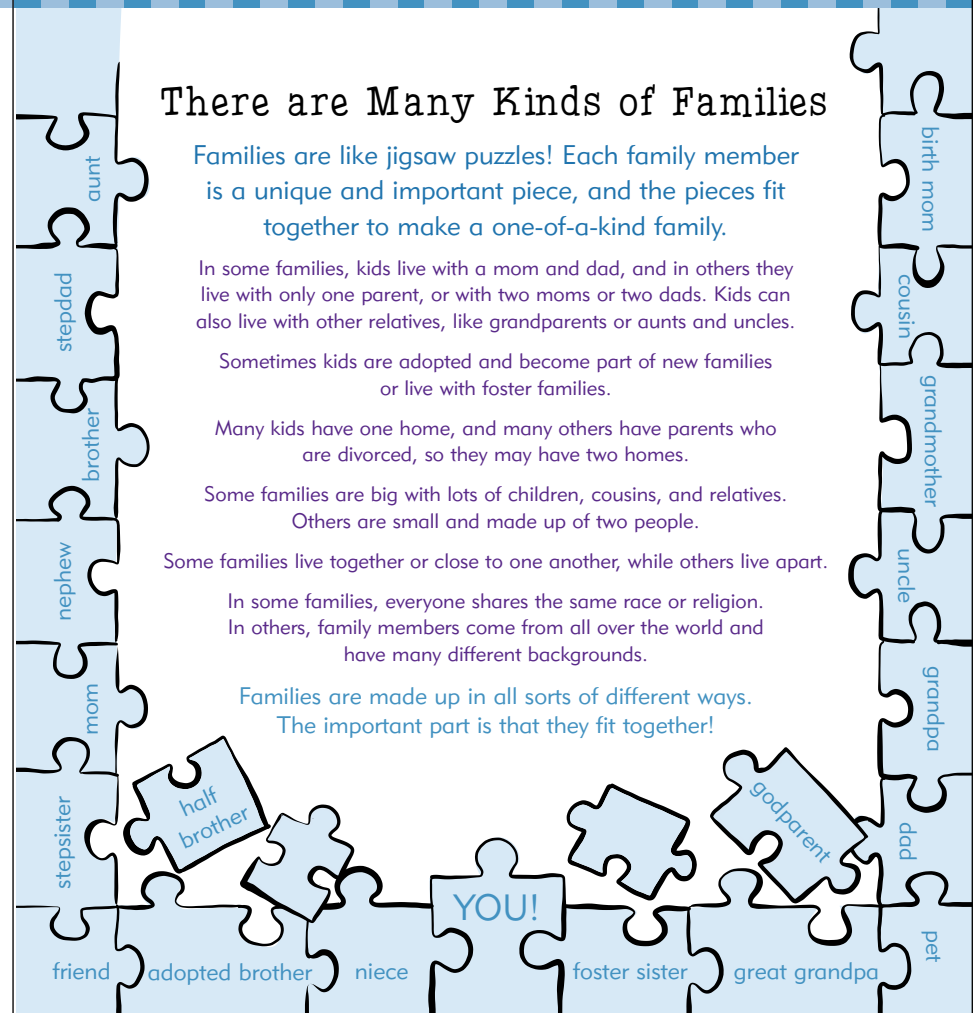
Many kids have one home, and many others have parents who are divorced, so they may have two homes.

Some families are big with lots of children, cousins, and relatives. Others are small and made up of two people.

Some families live together or close to one another, while others live apart.

In some families, everyone shares the same race or religion. In others, family members come from all over the world and have many different backgrounds.

Families are made up in all sorts of different ways. The important part is that they fit together!





YOUR ONE-OF-A-KIND FAMILY

## YOU Are a Very Important Part of Your Family!

In fact, you are essential.



That means your family would not be the same without you. It would be incomplete. Your family needs you and loves you and all the wonderful and special things that make you . . . you!

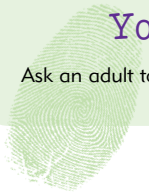
Ask family members to tell you some of their favorite things about you and write them down here.

Three yellow rectangular boxes with horizontal dotted lines for writing, arranged in a row.

Did you know that no two people in the world have the exact same fingerprint?

**You are one of a kind!**

Ask an adult to help you stamp your fingerprint in the box below.



A rectangular box with a blue border, intended for a fingerprint stamp.

## Your Family Crest

In ancient times, knights and nobles often had symbols that represented their families. These were called crests.

A crest usually had certain parts, including a shield with a favorite background color or pattern as well as a main picture or symbols in the center to showcase things that were important to the family. Families often wrote a motto, or saying, at the bottom of the shield with words like "courage," "justice," or "love" that described the families' values and made them feel proud.

If your family had a crest, what would it look like?

Draw yours here.





FAMILY LIFE

Being part of a family means a lot of things.

Living as a family means looking out for one another, respecting one another, and being kind to one another.

It also means sharing, compromising, helping out, and talking to one another when things are good, or even when things are upsetting.

Sometimes family life is easy, and sometimes there can be challenges.

That's because families go through a lot together. They can have good times together, face changes together, and can also get through hard times together.

In this chapter, you get to think more about your family and ways to enjoy one another and stick together to make family life the best it can be.

## Quality Time

Families spend time together doing lots of different things. Whether you read books, play sports, eat dinners, or just hang out, quality time with your family is important.

Draw a picture of something that you and your family do together that makes you happy.



Sometimes people get busy, aren't around, or forget to share family time. You can fill in these coupons to remind a family member how much you enjoy spending time with him or her. And don't forget that your family wants time with you, too!

### Quality Time COUPON

To: ..... From: .....  
This coupon is for one-on-one time for us to .....

(Write something you enjoy doing with that person here.)

### Quality Time COUPON

To: ..... From: .....  
This coupon is for one-on-one time for us to .....

(Write something you enjoy doing with that person here.)



## Getting Along

Living with family means sharing time, space, things, and people. It's not always easy to share. That's one reason why families might not get along perfectly all the time. That's normal.

One of the best ways to get along with your family is to remember to do your part and treat them how you like to be treated.

How do YOU like to be treated?

I hope that my family members will: (circle all that apply)

treat me nicely      be respectful of my things

enjoy quality time with me      notice if I feel sad or hurt      **BE PATIENT**      protect me from things that could hurt me

share with me      say "sorry"      give me attention

**APPRECIATE ME**      ENCOURAGE ME      say "please" and "thank you"

stand up for me      **TO BE MY BEST**      tell me when they're proud of me

You probably circled all of them!

That means you hope others will take the time to understand you, be kind to you, and take care of you. Well, just remember that the people in your family also want the same things from you!

Talk to your family about other things that you can all do to get along.

## Being Thankful

Families share lots of experiences together: fun times, ups and downs, changes, and more. Through it all, it's great to get in the habit of thinking about the positive parts of these experiences and the many reasons you have to be thankful.

Here you can list some things that you are thankful for about your family. They can be big things—like being thankful for your home—and little things—like being thankful for the delicious dinner you had last night.

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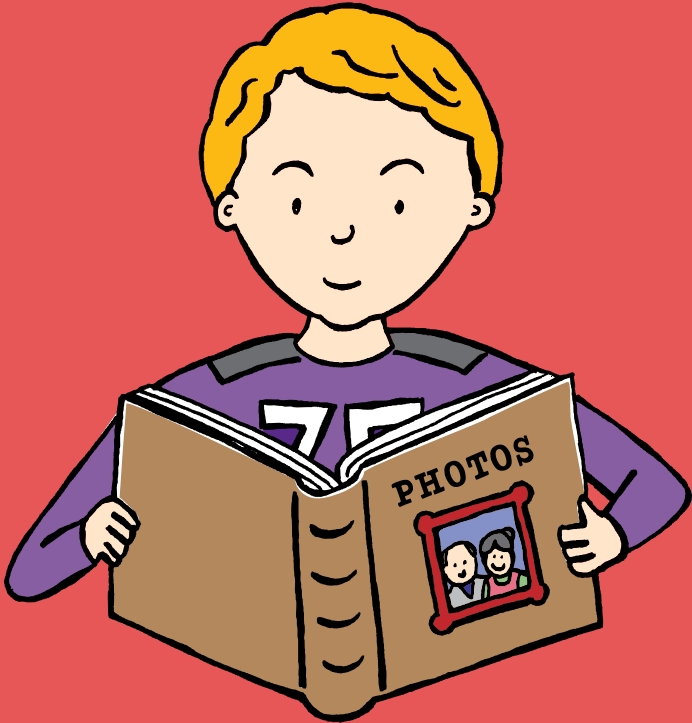
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Come back to this page often, and you'll find that there's always something new to be thankful for!

# Your Family Scrapbook



## Capture Some History

Grab a pencil and imagine that you are a reporter. Sit down with a parent, grandparent, or other adult in your family, and write down their responses to the questions below.

**The News** VOL. III, NUMBER IV

**SUNDAY, MARCH 26**

<p>When you were my age, what were your favorite things to do?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>What were your parents like?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>What was your favorite subject in school?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>What advice can you give me about family?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Tell me about the place where you grew up.</p> <p>.....</p> <p>.....</p> <p>.....</p>	