



MY HOLIDAY BREAK SURVIVAL PLAN

My Holiday Break Survival Plan

Strategy 1: What's my plan for holding a pre-break family meeting? WHEN will we have it?

Strategy 2: What obligations do I need to include in my holiday calendar?

Strategy 3: When will we hold our daily Pow Wows?

Strategy 4: What goals / To Dos had I planned to do over the break? (Write them all down here so you can come back to this list and pare it down.)

Strategy 5: What are 3-5 personal self-care items I could commit to doing regularly (at least one per day) over the break?

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Strategy 6: What is my new TRUE and more positive thought?

Strategy 7: Who is on my “help squad?”

Strategy 8: What are some activities we can do on days when we need to ditch the plan?

Strategy 9: What changes, if any, will I make to our screen time policies over the break?

Strategy 10: What, if anything, should we create a family policy around?