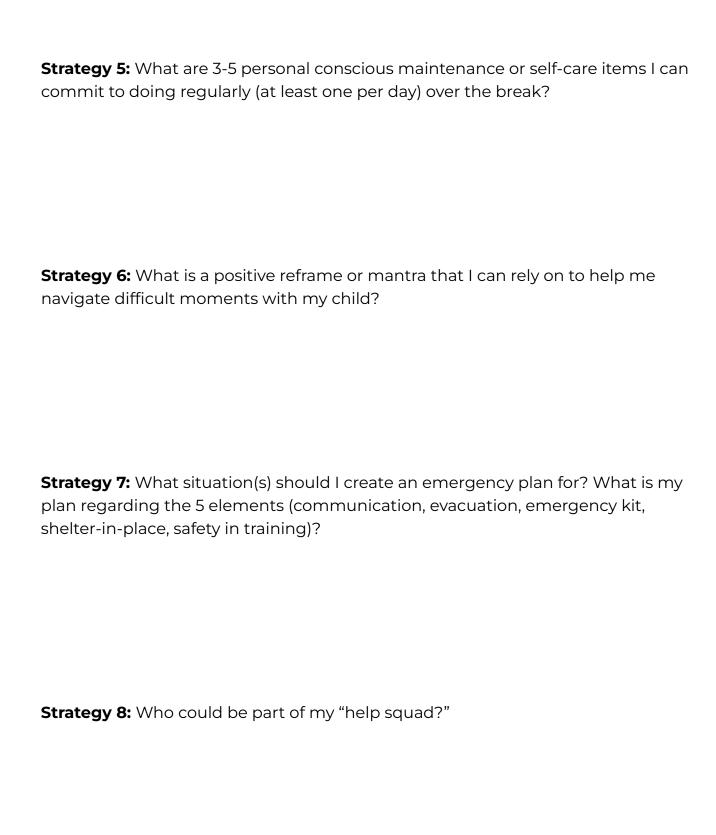


MY HOLIDAY SURVIVAL PLAN

Strategy 1: What's my plan for holding a pre-break family meeting? When and where will we have it?
Strategy 2: What obligations do I need to include in my holiday calendar?
Strategy 3: When (and where) will we hold our Daily Check-Ins? What's the plan?
Strategy 4: What items are on my "holiday break To Do" list? (Write them <i>all</i> dowr and then come back to this list later to cross some items off.)







Strategy 9: What changes, if any, will I make to our screen time policies over the break? How can I be self-compassionate and let go of guilt I may feel about this?

Strategy 10: What are some activities we can do on days when we need to ditch the plan and shake things up to reset the dynamic?