

Celebrate Your Traditions and Routines!

With your young person, use our sheet below to make a list of the traditions and routines you value the most. Perhaps there is a certain type of food, music or activity that they value and even miss.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____