



Hazelden Betty Ford Children's Program

Remote Continuing Care: Change vs Cannot Change

Times of uncertainty provide a great opportunity to remind ourselves and teach our children that there are some things in our lives that we can change and some things that we cannot change. Practicing this distinction, especially when experiencing fear or worry, helps us stay present and focused on what we can do to help ourselves in meaningful and realistic ways.

Family Activity and Discussion

Work as a family to complete the activity found on the following pages. If you cannot print this document, you can recreate the activity with whatever supplies you have available. Sort the phrases found in the yellow word-bank into the blue and green boxes based on if you can change or cannot change it—this should be done primarily from the child's perspective. Once all of the provided phrases are sorted, have each person add one or two things into each of the boxes. As the items are being sorted, allow space to talk about why an item may fit into one category or the other.

Next, move on to the purple box and come up with three things that your family can work on in the coming week! Examples include, listening more to one another, having a family meal every day, and making time to have fun as a family —be specific and realistic.

Finally, conclude this activity by reciting the Serenity Prayer as a family!

Tip: It is okay to have differing opinions. In this activity, critical thinking is more important than someone being "right" or "wrong"; showing respect for differing opinions is a great way to show you care. Focus on the feelings generated as a result of your discussion .

Important Messages for Kids to Hear

- I am here to take care of you.
- It is important for you to help take care of yourself too.
- All feelings are okay!
- If things feel out of control, I am here to talk with you.

As always, please reach out to us with any additional questions or concerns. We are here to support you!

Sincerely,

Children's Program Staff

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Activity: What I Can Change vs. What I Cannot Change

Things I can change....

Things I cannot change...

WORD BANK:

Asking for help

Work/money problems

Having fun

Someone's relapse

Having a cold

Following safety instructions

Spending time with family

Someone's addiction

Making healthy choices

Family fighting





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Three things we can do as a family...

1.

2.

3.

The Serenity Prayer

God, Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Amen