



Objectives:

- To highlight the role of positive affect (humor, laughter) in family interaction and in stress reduction.
- To carry out a planned celebration practicing the skills and concepts discussed in earlier sessions.
- To reinforce the notion of richness in family gatherings and celebrations.
- To review each family’s goals and evaluate the group with respect to meeting those goals.
- To encourage deliberate planning of the family’s traditions and routines and endings (goodbyes).



Threads:

- Families leave group feeling like they have accomplished something by coming every week, planning, and carrying out homework and family events, and learning valuable skills to keep their family safe. They believe in their ability to provide structure and protection for their family and to have the strength to overcome bad things that happen to them.



Preparation:

- Send out reminders of group to families.
- Prepare all materials.
- **Print Certificates for each family (fill in name, date, print on heavy stock paper)**
- Food and facilities planning and preparation.
- Decide on facilitators’ roles.
- Update on the status of each family in the group.
- Anticipate any problems that might arise during the session.



Homework Due:

- Record of Family Activity Carried Out



Session Overview:

Activity 1	Family Meal Celebration	30 Minutes
Activity 2	Our Own Family Fun Book	25 Minutes
Activity 3	Making Us Laugh	25 Minutes
Activity 4	Getting Closure	25 Minutes
Activity 5	Closing Ceremony	15 Minutes



Homework to be Assigned:

- Follow through on their family ritual tree care plan!



Materials:

- Tables (1 for each family)
- Centerpieces
- Nameplates and session schedules (1 for each family) Place settings/Napkins
- Nutritious meal/Drinks
- Materials for family scrapbook pages (paper, hole punch, decorating materials, glue)
- Apples to Apples or Don't Make Me Laugh, Senior version or Zobmondo: Questions
- Paper/Construction paper/Postcard card stock
- Phone and address cards
- Pens/Colored pencils/Crayons/Markers
- Glue/Tape
- Phones for picture taking
- Facilitator chosen parting gifts (optional) Frames (1 for each family) (to fit certificates)
- Chore charts and star stickers (1 pack for each family)



Handouts:

- | | |
|-------------------------|---------------------------|
| Laughing is Important | HRM2.S10.Laugh.Important |
| Laughing Through Life | HRM2.S10.Laughing.Life |
| Closure Questionnaire | HRM2.S10.Closure.Question |
| Family Ritual Tree Care | HRM2.S10.Tree.Care |
| Certificates | HRM2.S10.Certificate |
| Family Rating Form | HRM2.S10.Feedback |
| Participant Log | HRM2.S10.Log |
| Clinician Rating Form | HRM2.S10.Clinic.Measures |



Posters:

- | | |
|--------------|--------------------|
| Rules Poster | Group.Rules.Poster |
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Books:

Family Fun Book (flipbook version available at <https://heyzine.com/flip-book/2d3d3ea8f4.html>)
I Love to Laugh! A Book of Fun and Giggles

Activity 1: Family Meal Celebration



30
Minutes



Goals:

- To help families carry out an event as planned.



Materials:

As planned by families



Handouts:

Conversation Prompts



Posters:

Rules Poster



Instructions:

Lead Facilitator: *We are so happy to have you back with us tonight for our last group. You decided to start the meal by Opening Ritual so let's begin that way. Proceed with ritual planned by the group.*

Refer to poster of rules and review. Make link between group rules-group functioning with family rules (explicit, agreed upon, written down for review)-family functioning.

Ask each family the following question: *So, is there anything going on right now that might get in the way of your family taking part in today's group?* Make link between checking in with family members to be sure each person can participate...problem solving, helping with a task...or may be overburdened...with staying attuned to the mood and needs of all family members during other family activities.

This session focuses on celebration and saying "Goodbye". So, let's get started. Families carry out celebration dinner as planned. Have a good time!

Activity 2: Our Own Family Fun Book



25
Minutes



Goals:

- To help families explore ways they can have fun together as a family.
- To encourage deliberate planning.
- To encourage a positive focus and valuing of family accomplishments.



Materials:

Paper Pens
Materials for scrapbook pages
(paper, hole punch, glue)



Books:

Family Fun Book



Decorating materials

Instructions:

Lead Facilitator: *We hope you enjoyed your dinner. It is now time to begin our activities for tonight. If you will look at that schedule now, I will tell you a little bit about tonight's group.* Proceed with introducing each activity briefly.

Co-Facilitator _____: *As we get started on our first activity tonight, I have a book to share with you.* Read "Family Fun" book. Encourage the families to share experiences that make them feel good. They can discuss experiences included in the book and add additional experiences as well. Encourage them to brainstorm, as a family, activities or experiences that make them all feel good.

Co-Facilitator _____: After families have had a chance to brainstorm, hand out scrapbook pages and materials. Ask families to create their own "Family Fun" scrapbook pages, including activities and experiences that make each family member and the entire family feel good. Families should also be encouraged to include activities that could make them feel good in the future. Give families about 15 minutes to complete this. Once finished, facilitators can encourage families to share their "Family Fun" scrapbook pages. Encourage the family to add these pages to their scrapbook.

Activity 3: Making Us Laugh



25
Minutes



Goals:

- To help family members understand why laughter is important and identify what makes them laugh.
- To encourage positive and fun interactions.



Materials:

Paper
Pens
Teen Game: Apples to Apples *or* Don't Make Me Laugh, Senior version *or* Zobmondo *or* Would You Rather??



Handouts:

Laughter is Important!
Laughing Through Life



Instructions:

Facilitators know the small group well by this point in the group. Pick fun activities that will make folks laugh.

Lead Facilitator: Let's tell some jokes. Ask children to share some jokes they know.

Now, it's time to break into smaller groups. Remember, each facilitator will take a different group, one for the adults, one for teens, one for the older children, one for the younger children, and one for the babies. Let's begin by forming those groups.

Facilitators gather their groups together. When the groups are formed and quiet, facilitators move one group at a time to their designated areas.

Lead Facilitator (Adult Group): Hand out "Laughter is Important" and "Laughing Through Life," which outline the importance of laughter and developmental differences in humor. Discuss with parents why they think laughter is important. Discuss the importance of balancing positive experiences for families who have experienced trauma. Encourage parents to share examples of funny things their children have done or said. Ask parents what types of fun, laughter-promoting activities they do with their children now. What types of activities would they like to do more of? If needed, a few minutes can be taken at the end of the breakout group to discuss treatment planning for each family as the group draws to a close

Co-Facilitator (Teen group) _____: Facilitate discussion with teens about why they think laughter is important. Discuss what makes them laugh? What activities do they enjoy do to laugh with their peers? Lead teens in a game to promote fun and laughter. Facilitators can choose between Apples to Apples; Don't Make Me Laugh, Senior version; or Zobmondo: "Would you rather" Questions.

Co-Facilitator (Older Child group) _____: Ask the children what fun things they like to do and what makes them laugh. After the discussion, encourage fun in the group by either singing silly songs together or playing "Sound and the Fury" game. Suggestions for songs are listed in the handout "Fun and Silly Songs." To play "Sound and the Fury," the facilitator and the children all stand in a circle. The facilitator starts by modeling a funny gesture with their whole body paired with a silly sound. Everyone else in the group has to imitate the movement and sound. The child standing to the right of the facilitator then models their own gesture paired with a silly sound. The group then imitates the first gesture and sound, followed by the new gesture and sound. Circle continues clockwise until all children have had a turn. Each round the group will imitate all the previous gestures and add the newly exhibited gesture and sound at the end.

Co-Facilitator (Young Child group) _____: Ask the children what fun things

they like to do and what makes them laugh. After the discussion, encourage fun in the group by singing fun and silly songs with the children. Suggestions for silly songs are listed in the handout “Fun and Silly Songs.” The children can also initiate singing their favorite silly songs.

Co-Facilitator (Babygroup) _____: Read babies “I Love to Laugh! A Book of Fun and Giggles.” Play the included games and activities with the babies as you read the book, including Peek-A-Boo, Itsy Bitsy Spider, and Ring Around the Rosie.

Note 1: Facilitators for each group should start wrapping up the discussions or games after 25 minutes to allow 3-4 minutes to transition back to the family meeting room.

Activity 4: Getting Closure



25
Minutes



Goals:

- To bring closure to the course.
- To facilitate further communication between families, if desired.



Materials:

Pens



Handouts:

Closure Questionnaire
Family Ritual Tree Care



Instructions:

Lead Facilitator: Hand out “Closure Questionnaire”. *I want you to complete this first sheet so that you can tell us what you liked and did not like about this group. What you thought was useful for you and your family and what you thought was not as helpful.* Parent(s) complete the closure questionnaire with input from all family members.

After about 10-12 minutes: Now on the other sheet, I want you to think about what traditions or routines that we have talked about or that you have thought about during the weeks that we have been meeting and that you would like your family to keep doing. Talk together about this and write down what you decide. Families agree on what traditions and routines they want to continue to work on in the future. Ask families to share what they would like to continue to work on.

Activity 5: Closing Ceremony

15
Minutes**Goals:**

- To reach closure, to model showing appropriate recognition and to engage in a rewarding good-bye.

**Materials:**

Phones for pictures
Facilitator chosen parting gifts (optional)
Frames (1 for each family) (to fit certificates)
Chore charts and star stickers (1 pack for each family)

**Handouts:**

Certificates (printed for each family)
Family Rating Form
Participant Log
Clinician Rating Form

**Instructions:**

Facilitators work together to make this ceremonial. This could include calling each family up to the front of the room to present them with their certificate and a small memento of their time spent in group. As the family proceeds to the front of the room, facilitators could hum or play the Graduation March or other music. Take pictures of each family.

Facilitators: *You have done a great job during this group and should be proud! We are grateful for the work and the play you have done and would like to recognize you for that. We have a certificate that we would like to present to each family. Please come forward when we call your name to receive your certificate. Allow time for each facilitator to compliment the family members.*

Now it is time to say "Good-bye" for the last group. Let's end like we always have with our closing rituals. Families share closing rituals, if desired. Cue families to acknowledge the end of group with each other. Please complete your family rating form now and hand it in. Thanks.

Facilitators complete participant log and clinician rating form.

**Homework to be Assigned:**

- Follow through on their family ritual tree care plan!