



# LIFEBOOK WORKSHEET

This worksheet is meant to accompany 'The Family Toolkit: Connecting, Creating, Calming' released in June 2018. If you have any questions about this worksheet or the toolkit, please email [cccfamilytoolkit@gmail.com](mailto:cccfamilytoolkit@gmail.com)

Child's name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Which activities help this child 'connect', 'create', or 'calm'?

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2. Were any of the activities unsuccessful? If yes, which ones and how so?

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3. Were there adjustments made to any of the activities to better suit this child? If yes, what are they?

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4. Does the child prefer any of the activities? If yes, which ones?

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