

# January

2012

## FOCUS World activity calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Week 1: Managing Feelings Day 1: Create account	2 Day 2: Select avatars	3 Day 3: Feeling Thermometer in the Basement	4 Day 4: Family Feeling Discussion	5 Day 5: Getting to Green	6 Day 6: "Just Breathe" Video	7 Day 7: Family Fun Night!
8 Week 2: Communication Day 8: Family Meeting	9 Day 9: Practice Effective Communication	10 Day 10: Create Memory Trees in the Family Room	11 Day 11: Add to Memory Trees	12 Day 12: Discuss family memories	13 Day 13: Family Calendar	14 Day 14: Family Fun Night!
15 Week 3: Goals Setting and Problem Solving Day 15: SCORE	16 Day 16: Creating Goals in the Kitchen	17 Day 17: Review Goals and Add to Family Calendar	18 Day 18: Create a Family Goal	19 Day 19: Make Problem Solving a SNAP	20 Day 20: Practice SNAP Method of Problem Solving	21 Day 21: Family Fun Night!
22 Week 4: Dealing with Deployment and Reintegration Day 22: Tips	23 Day 23: "Talking to Kids" Video	24 Day 24: "Helping Kids Understand" Video	25 Day 25: Self-Care During Deployment	26 Day 26: Reintegration Videos	27 Day 27: Talking about Deployment and Reintegration	28 Day 28: Family Fun Night!
29 FOCUS wishes you and your family	30 a wonderful 2012!	31				