

## Core Activities Chart - *Lala's Journey Training*



	Name	Materials	Stabilization Effect	Questions
1	Knots are Normal			Name two life situations where you could “leave a knot” and move on to doing the next thing:
2	Pillars of Support			What might be challenging about this activity for a child?
3	Memory Stones			Why do you think this class was designed to prompt children to think back through only their memories of the Lala’s Journey group, instead of their lives?
4	Building Blocks			What types of things are needed to build a life that these building blocks could represent?
5	Welcome Cards			Describe a time when you received a welcome that meant a lot to you, or a story of when you needed a welcome but didn’t receive one:

