

Hand each person a small sheet from a note pad, about the size of a small post-it (like 3 inches by 3 inches).



Then tell them this:

" You are going to leave a note on your kitchen table. That note is a message from you to all future generations. You only have as much space to write as there is on this small sheet of paper."

Then give them a few minutes to think, and write their messages. Then collect the sheets, and use them to have a group discussion of them. The idea being that we can discuss what is REALLY important in our lives.

December is a good time to do this program, because folks think about New Year's Resolutions, and reflect over the past year. It's a good time to think about what is important, and what is just small stuff.

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