

John's Gifts

John, like others with Fetal Alcohol Spectrum Disorders, was born with a brain that was damaged by alcohol. As a result, he has problems with his memory, his behavior, his social skills, and his judgment. He needs help making every day decisions and requires close supervision so he doesn't get hurt or get into serious trouble.

John also has some wonderful gifts and talents.



Open the "gift" box and ask participants, one at a time, to take out a gift card and read out loud to the group what is written on the card about John's different gifts.

After all the participants have taken turns reading the cards, ask each participant to share one particular gift or talent that *they* enjoy about themselves.

Never forget, we all have problems that challenge us, and we all have gifts that help us to enjoy life. If you have a difficult problem, ask for help. If you have a gift, share it.

We all have things in our life for which we can be grateful. If your problems make you sad, write down all the things for which you can be grateful on little notes.

Take this pattern home, cut it out, and make a gift box for yourself, decorate it, and fill it up with your gratitude notes to remind you of your many gifts in life.

Carpe Diem

The ability to “seize the day,” to live in the moment, to appreciate the here and now without regrets of the past or fears of the future.

Forgiveness

The ability to let go of a grudge, with no resentments. It’s easy to forgive and forget.

Affection

The ability to hug with abandon, share smiles and friendly stories, real feelings.

Music

The ability to appreciate rhythm and music and sound, whether it’s a drum, cymbals, or people noises like yodeling, coughing, sneezing, and burping.

Trust

The ability to accept Mom’s guidance and help without suspicions, to accept gifts and compliments easily. To accept people for who and what they are, without expectations or judgment.

Fantasy

The ability to dream rich dreams, to pursue those dreams, like having a dog, owning a drum set, sleeping in a waterbed, flying in a glider, and riding in a limousine.

Sense of Humor

The ability to laugh - at life, at our peculiar circumstances, at ourselves - with pure, simple joy.

Innocence

The ability to get lost in play. No matter how old you are, there is still a little child inside, waiting to explore the world, to be silly, to be held close, to be loved.

My Gratitude Box

