



Spend some time as a family thinking about how you acted during the past year. Are there somethings that you wish you hadn't done? Remember the story of Jonah and write down some of those things inside the big fish (cheshbon hanefesh). Each person in your family can use a different color. Then, think about how you want to change and make things better this year. Write all the great things you want to do this year and how you will act differently on the outside of the fish. Post this on the fridge so you can remember!