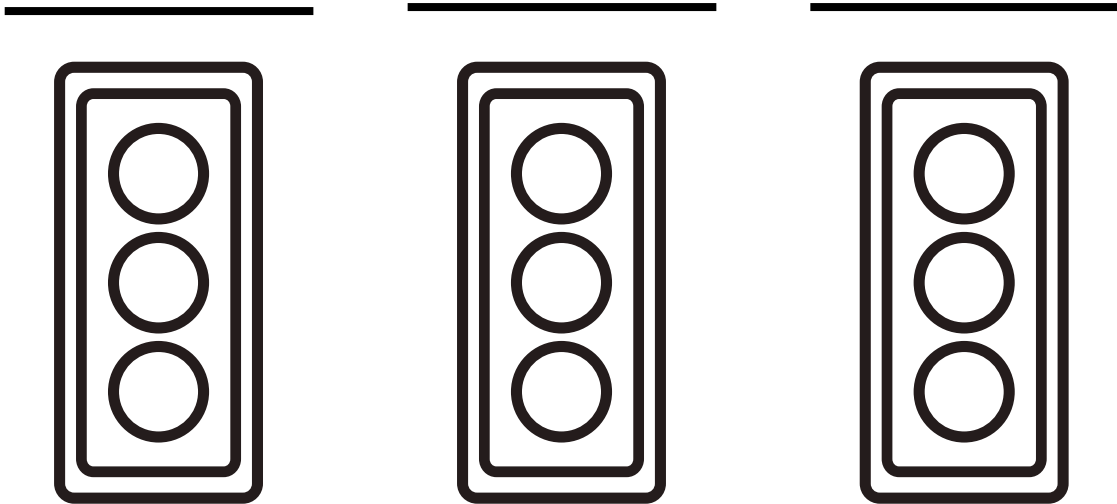


**Instructions:** Sometimes, ALS changes what your loved one can do. But with creativity and teamwork, many activities can still be enjoyed together! Write an activity you like to do together on the line. Then color green light for things your loved one can do with you, just like before. Color the red light for activities that might be harder or not possible for now.



**But here's the cool part—turning red lights into green lights!**

Think of ways to adapt those activities and make them fun for everyone. How can you work together to keep the activity enjoyable? Maybe you need new tools, help from someone else, or a change in how you do things. Write down ideas for what you could do differently to keep having fun!

Four sets of horizontal lines are arranged in a 2x2 grid. Each set consists of four parallel horizontal lines, providing space for writing ideas to adapt activities.

## Parents/Loved Ones:

This worksheet is designed to help kids understand how ALS might change what they can do with you, while encouraging them to think about how to adapt.

When kids color a “red light” activity, it’s a chance to talk about how they could still do that activity in a new way.

### Example:

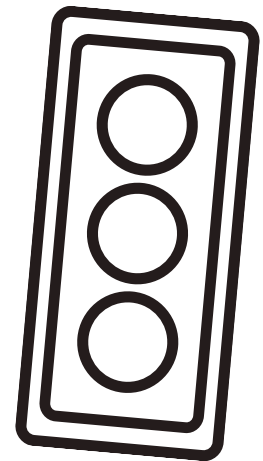
If a child writes in: *“Playing catch together in the yard”* and colors it in as a red light, you might brainstorm ideas like...

- Using a larger, softer ball
- Finding a game where you don’t need to throw but can still be involved in the fun.

This activity provides an opportunity to discuss the challenges ALS brings, but also the creative ways families can adjust, making sure everyone stays connected and enjoys quality time together.

Talk with your child about how you can adapt their favorite activities, using tools, help from others, or changes in how they’re done. The goal is to focus on possibilities rather than limitations.

If you need help or resources to adapt activities or have conversations with your child, reach out to your Care Services Coordinator—we’re here to support you!



[alsunitedchicago.org](http://alsunitedchicago.org)