

# Home Activities

Check the box beside each activity after you complete it this week:

- I will take care of myself.
- I will play with my child.
- I will give my child choices.
- I will follow my child's lead.
- I will practice mindfulness exercises.

Do these 5 things at home this week, then answer these questions:

After I gave myself some self-care, I felt

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After I played with my child, I felt

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This is what happened when I gave my child choices

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This is what happened when I practiced following my child's lead

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After I practiced my mindfulness exercises, I felt

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