

Home Activities

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

- I will use the When-Then rule with my child.
- I will use the ACT method with my child.
- I will create a bedtime routine for my child that includes both words (“I love you”) and touch (hugs and kisses).
- I will practice mindfulness this week and teach my child how to do the exercises (if appropriate for their age).
- I will continue taking time every day to play with my child.

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

This is what happened when I used a When-Then rule with my child

This is what happened when I used the ACT method with my child

This is what happened when I created a bedtime routine for my child

After I played with my child, I felt

After I practiced mindfulness, I felt
