

Home Activities

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

- I will practice giving my child a choice and a consequence to handle a problem.
- I will practice the 3 ways of encouraging my child & avoid the 3 ways discouraging.
- I will practice mindfulness with the “Loving Kindness” activity.
- I will play “Panda and Frog” with my children (if appropriate for their age).
- I will use the methods I learned to avoid tantrums and to handle a tantrum if my child has one.
- I will make a list of people and organizations who can help me if I need it.

Do these 6 things at home this week, then answer these questions:

This is what happened when I gave my child a choice and a consequence

After I practiced encouragement, I felt

This is how my child responded when I encouraged them

After I practiced “Loving Kindness,” I felt

This is what happened when I used my new methods to handle tantrums with my child
