

Session 1—Activity #1
Relationship Activity



(1) Think of someone who was really special to you when you were growing up. Write this person's name below. What is/was your relationship to this person?

(2) What made you think of this person?

(3) What did this person do that made him/her so important or special to you?

Session 1—Activity #2
Things to Try at Home!
“Filling/Refilling” Activity



List 5 things that you will try to do in the next week to “fill/refill” your child’s relationship tank—things that will make your child feel really special!

(1)

(2)

(3)

(4)

(5)

Some ideas to try...

reading a book together
singing favorite songs together
eating dinner together

hugs, high fives, kisses, winks, thumbs-up

letting your child be your special helper (helping with dinner, laundry, etc.)

taking a walk together
saying “I love you”
asking your child about his/her day
playing together

Session 1—Activity #3
 Things to Try at Home!
Encouragement Log



- Tip 1** Get your child's attention.
- Tip 2** Be specific!
- Tip 3** Keep it simple (try to avoid combining encouragement with criticism).
- Tip 4** Encourage your child with enthusiasm!
- Tip 5** Double the impact with physical warmth.
- Tip 6** Use positive comments and encouragement with your child in front of others.

Try to **encourage** your child at least **5** times this week.

I encouraged my child or used positive comments when...	What happened? How did your child respond? How do you think your child felt? How did you feel?