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.

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