

## **Parent/Child Activities**

### **Verbalize Your Value**

#### **Value Trading (5 min)**

Every day share with your child one thing you like about yourself and one thing you like about them and ask them to do the same.

(you can do this in the car, while you're getting breakfast, saying goodnight, or texting. ;)

### **Act on your Value**

#### **Value Notes**

Regularly send your child a text or write a note letting them know that you're thinking about them and what you think of them.

#### **5 minute 'presents'/presence**

No expectations but just for 5 min. every day be present with your child. Whether they are playing/watching something/reading. Just be with them. If they want to talk, respond, but if not just be with them. They are worth it and so are you. That gift of your presence is invaluable.

### **Listen to show Value & Understand to Affirm Value**

#### **3 Check (20 min.)**

Plan a 20 min section of time to sit down with your child and listen to understand these three areas

1. How are you doing with you? (what are you thinking about yourself/listen to your thoughts...body/thoughts/emotions)
2. How are you doing with me? (Are there things that you want to share with me? Anything you want me to know? Are you getting enough time with me? Is there something that has been bugging you about me?)
3. How are you doing with others? (teachers/siblings/friends)

#### **Body Listening**

Take three minutes as a family to just practice listening to your bodies. How are my head, skin, back or joints feeling (growing pains or growing old pains) And then listen to each other as you share what you noticed

### **Energize because of your Value**

Take one month and schedule an energizing activity as a family. Put your own energizing activities on the calendar and allow your children to do the same and keep each other accountable because you are all worth it!