## Example:

- 1. FOCUS ON WHAT YOU WANT: I want the child to pick up the blocks.
- 2. TELL THEM: "You have a choice!"
- 3. STATE TWO CHOICES: "You can start with yellow blocks or the red blocks."
- 4. ASK FOR A COMMITMENT: "Which is best for you?..."
- 5. AFFIRM & NOTICE THE CHOICE: "You chose the red blocks....Look at you! You're picking up the red blocks."



## Pretzel Song (Tune: I'm a Little Teapot!)

I can be a pretzel
Arms and legs out
Cross them over and
Watch me pout!

When I get all upset
A pretzel I'll be.
Count together,
One, two, three!