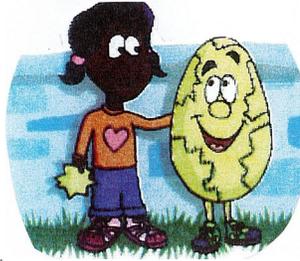




POSITIVE INTENT and the power of LOVE

Love Ritual:

Humpty Dumpty



- ♪ Humpty Dumpty sat on a wall.
Child closes both hands together to form a Humpty Dumpty egg. The adult places his hands together forming a wall for Humpty to sit on.
- ♪ Humpty Dumpty had a great fall.
Adult holds the child's hands and pulls them down like Humpty is falling. The child separates her hands as the "egg" breaks.
- ♪ All the king's horses and all the king's men,
Adult massages up and down each of the child's arms to the elbow.
- ♪ Could put Humpty together again.
Adult brings the child's hands back together.

Breathe:



Elsa Breathing

- **Freeze:** Hold arms tight and "frozen", hands fist at shoulders, while inhaling through the nose.
- **Let it go:** Open hands and extend arms outward and open (as modeled by Elsa) as you exhale through the mouth.
- Repeat three times.

A.C.T.

Use Positive Intent to see the missing skill behind a hurtful action, and then use A.C.T. to teach that skill.

Acknowledge the child's desire.
"You wanted _____"

Clarify the skill to use.

"When you want _____, say(or do) _____"

Take time to practice.

"Try it now for practice." Or "Let's do it together for practice."

