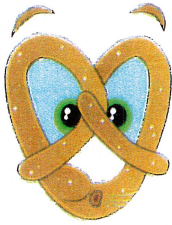




CHOICES and the power of FREE WILL

Breathe:



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

Love Ritual:



- ♪ (Name's) **hands are up and**
Hold child's hand and raise your arms up high.
- ♪ (Name's) **hands are down.**
Bring arms down together.
- ♪ (Name's) **hands are dancing,**
Wiggle your hands together.
- ♪ **All around the town!**
Wiggle them in circles.
- ♪ **Dancing on your knees,**
Wiggle your hands on their knees.
- ♪ **Dancing on your feet.**
Wiggle your hands on their feet.
- ♪ **Dancing on your shoulders.**
Wiggle your hands on their shoulders.
- ♪ **And dancing on your cheeks.** Gently jiggle
their cheeks and blow raspberries.

5 STEPS TO 2 CHOICES

1. BREATHE & FOCUS on what you want the child to do. Think of two choices that are positive actions and acceptable to you.

Ask yourself: What do I want the child TO DO?!



2. TELL THEM:

You have a choice! ☺

3. STATE TWO CHOICES:

You may _____ or you may _____.

4. ASK FOR A COMMITMENT:

What is your choice? Which is best for you?

5. NOTICE THE CHILD'S CHOICE:

You did it! You chose _____! Good for you!