

InPACT at Home Powerful Practice Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Self-Regulation	POWERFUL PRACTICE: Practice what different emotions look like in the mirror with your child.	PLAYCARD PRACTICE: Flamingos (Playcards 33-34)	POWERFUL PRACTICE: Put a weekly family chart of values on the fridge. Pick a value each week to talk about with your children.	PLAYCARD PRACTICE: London Bridges (Playcards 35-36)	POWERFUL PRACTICE: Apologize to your child when you are wrong.
Week 2					
Self-management	POWERFUL PRACTICE: Have a list of activities on the fridge that your child can turn to when feeling stressed. Practice <u>morning gratitude</u> with your child.	PLAYCARD PRACTICE: Monster Walks (Playcards 37-38)	POWERFUL PRACTICE: Call out stress management strategies you see in pictures, books, or in real life. For example: deep breathing, journaling, or meditation.	PLAYCARD PRACTICE: Good Morning (Playcards 39-40)	POWERFUL PRACTICE: Talk about self-discipline, patience and what it should and shouldn't look like.
Week 3					
Responsible Decision-Making	POWERFUL PRACTICE: Find one time a day to ask about your child's day.	PLAYCARD PRACTICE: Inch Worm (Playcards 41-42)	POWERFUL PRACTICE: Ask your child how they would solve an issue and write down a game plan together.	PLAYCARD PRACTICE: Hershey Kiss Push-up (Playcards 43-44)	POWERFUL PRACTICE: Set family guidelines for consequences and communicate what each means.
Week 4					
Relationship Skills/Social awareness	POWERFUL PRACTICE: Volunteer as a family and have your child pick what kind of service they want to be a part of. Talk about <u>everything</u> and anything!	PLAYCARD PRACTICE: High Five Planks (Playcards 45-46)	POWERFUL PRACTICE: Communicate " <u>I-messages</u> " with your child and model responding over reacting.	PLAYCARD PRACTICE: Fast Feet (Playcards 47-48)	POWERFUL PRACTICE: When offering support, ask what kind of support your child is wanting. "Do you want me to listen or problem solve with you?"

