

Parenting Program For Young Children

Introduction:

As a parent of two wonderful children and now grandparent of five precious grandchildren and a parent educator for over thirty years, I felt it was time to give back to the community many of the inspiring ideas that I have learned throughout my career. The following parenting program for young children is designed to help create a positive parent/child relationship.

The first six years of life is a time of rapid growth and learning for your child. During this time, you can influence your child by creating a positive relationship with them and a foundation of inner strength based on love, trust and understanding. You will be creating a special bond as they learn to calm and relax, love and accept themselves and others, and believe in their dreams.

What do you want for your children?

When I asked parents in my parenting programs what they wanted for their children, parents consistently said they wanted them to be happy. If a happy child is one of your priorities, then this program is for you.



Research in the field of epigenetics is now proving that when you are in a happy, nurturing and caring environment, your body chemistry produces growth hormones that flow through your body creating a nourishing environment for your cells and organs. During the first six years your child is continuously learning from every experience and relationship interaction.

Neural connections within the brain are being wired with each new learning experience. Your child is developing perceptions and core beliefs based on how they feel about themselves.

- **Am I feeling loved? Can I trust my needs are being met?
Can I relax in your love? Do I belong?**

Through repetition of each experience and interaction the neural connections are strengthened. These neural connections form the foundation for thinking, reasoning, language skills, behavior and physical movement.



Self-Awareness Activities:

This parenting program for young children is designed to follow the eleven delightful stories from the storybook, "Beaming Bright, You're a Shining Light." This storybook offers parents, caregivers and young children many heartfelt moments.

Every story follows a theme and is designed to plant seeds of wisdom to help make parenting easier. Your child will use their breathing to calm themselves, use their imagination to create wishes and dreams and learn to love and appreciate themselves and others. How children feel about themselves from birth to age six will greatly influence their behavior and how they interact with others.

Children have various learning styles. Some will enjoy having their book read to them with lots of enthusiasm and playful interaction by parents and caregivers, while others may wish to listen to the stories on the audiobook with the musical compositions. Enjoy!

What do we know about learning?

Advertisers learned long ago that we learn through repetition. This is why advertisers pay to have the same commercial run over and over again on TV and social media networks.

Page Numbers After Stories And Activities:

In this document, the Page Numbers refer to the original printing of the Beaming Bright, You're a Shining Light Lesson Plans which you can view or download on the Free Downloads page.

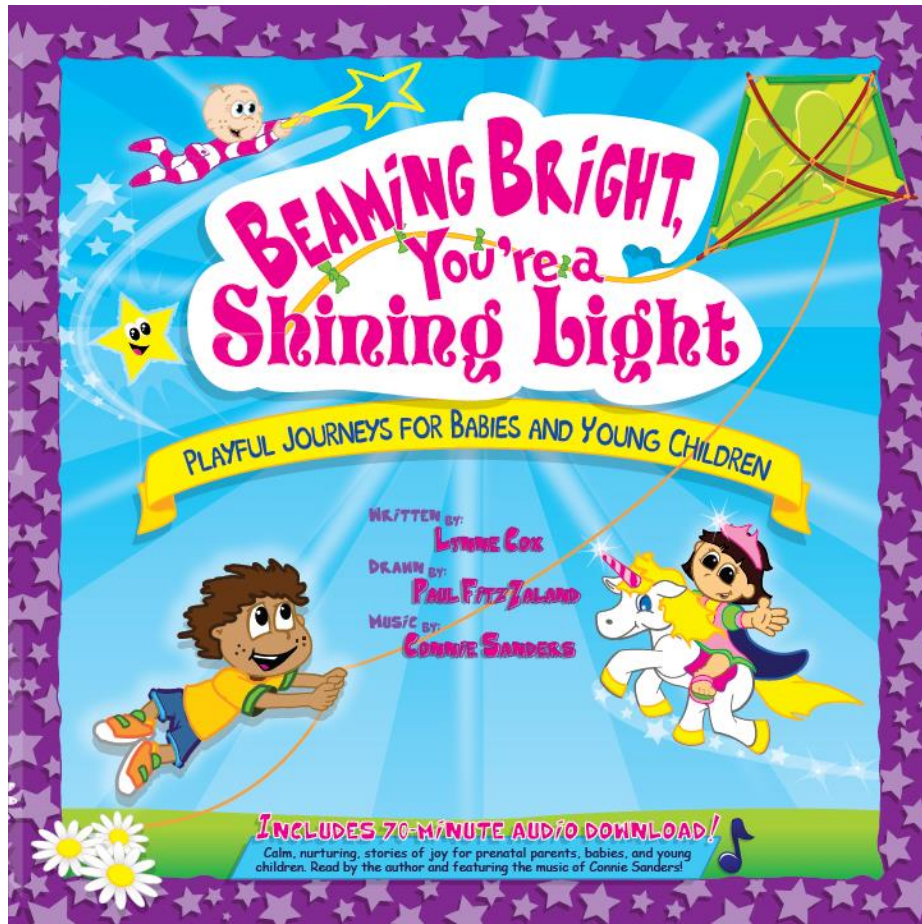
Breathing Free Story

Original Lesson Plans - Page 1

Physical Activity:

Original Lesson Plans - Page 4

Parenting Program For Young Children



It is suggested that parents concentrate on only one activity per week. In this way you can integrate the parenting concepts easily and effortlessly. You will then benefit by creating even stronger connections with the loved ones in your life.

Since children learn through repetition. Have fun repeating many of the activities several times with children.

Breathing Free Story

Original Lesson Plans – Page 1

Story Theme: “I can calm and relax myself.”



- Ask the children to find the hidden hearts in this story.

Playful Activities:

During the following breathing awareness activities children are encouraged to play with their breathing in a variety of fun ways.

- Eye contact, smiles, playfulness, and a caring attitude will build trust with the children.
- As children are playing and having fun resistance within them dissolves.

- If ever you have power struggles with children, turn your activities into fun, playful experiences. It will feel good for both of you as you connect in fun ways.

A mom recently shared that she did this with her child, and she was amazed how quickly their interactions improved. They were now having a lot more fun together.

Fun Breathing Activities:

This is an activity where the children's breath will lift a light scarf into the air or spin a pinwheel.

- **Supplies:**
 - Light weight scarves
 - pinwheel



- Blow light weight scarves up into the air.
- Blow at a pinwheel and notice how fast it spins.

Breathing Awareness for Self-Regulation:

Parents are encouraged to create the habit of taking a deep breath in and then very slowly breathing out whenever they are upset. This will calm and relax your body and release serotonin, offering feelings of well-being and happiness. As parents consistently self-soothe themselves during upsetting moments they will be creating new neural connections in their brain. Once calm, they will be able to think more clearly and make better choices. This will benefit them every day of their life with all their relationships.

Modeling Activity:

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This activity will provide a model for children to learn and practice. Bring it to the children's attention whenever you feel somewhat upset or stressed.



Say to your children:

- **"I feel"**

- **"I am going to take three slow, deep breaths to calm and relax myself."**
- **Encourage the children to breathe along with you.**

After a few moments ask the children:

- **"Do you notice me being calmer and more relaxed?"**
- **If yes, great! If no, model again.**

When you have calmed down, say to your children:

- **"I can calm and relax myself."**

If you notice a child being upset encourage them by saying:

- **"Let's breathe and take 3 slow deep breaths together."**

Parents and children are learning to model self-soothing skills as they learn to regulate their emotional behavior. We frequently teach what we want to learn. Empower your young children to teach their siblings, friends, grandparents, teachers, favorite bear or action character how to breathe deeply to calm and relax, think clearly and make better choices.

As children express their upsets, I encourage parents to listen patiently to their children and respond by being understanding and supportive in a variety of ways.

Acknowledge all children's feelings and look for ways to experience a connection with your child.



As parents nurture, play and meet the needs of their young children, they will feel comforted, safe and happy. This is how your child will learn to trust.



- **Connect with your child through eye contact.**



Bend down to your child's eye level when you are talking with them.

Children observe and interpret the feeling and meaning of their parent's facial expressions. Hugging your child, cuddling up with

them in a chair or rubbing their back, are some of the ways a parents' loving touch will give their children a sense of belonging.

Young children learn by observing their parent's behavior, attitudes and responses. All children look to their parents for a smile to know if what they are doing is OK. If their parents look shocked, they will know that something is not OK.

Children are constantly observing and creating perceptions about their experiences with everyone they come into contact with in their life.

Slowing Down Activity:

The world today is moving very fast, and this activity will help you and your child to self-regulate emotional behavior. Parents are encouraged to slow down so they can take the time to create a loving, connected relationship with their children.



Children who are the second, third or fourth child in a family will likely grow up in an active environment.



As you watch the flow of your family activities and you experience active times escalating, introduce a “quiet time” where you cuddle up and read a story to the children, or listen to calming music. This helps you and your children to self-regulate their emotional behavior.



Make Faces In A Mirror Activity:

This activity will help your child to recognize their feelings.

- Have fun making lots of different faces in front of a mirror. Talk about feelings and name the feelings as you see happy, excited, sad or angry faces. Always end this activity with funny faces.
- Toys that display feeling faces will also help children identify their feelings.

Bedtime Routine Activity:

This activity is designed to help your child transition from evening to bedtime. Create a bedtime routine that involves fun. Distract your child by giving fun choices and motivational statements that allow you to flow easily from one activity to the next.

- "How do you want to get to the bathroom to brush your teeth? Skipping, hopping or on your tippy toes?"
- "What animal's teeth are we cleaning tonight?" Encourage your child to pick an animal. Have fun brushing their bunny or puppy teeth.



Once the teeth are cleaned you can motivate them to move onto the next activity by saying:

- **"As soon as you get dressed, you can pick out a story."**



- **"Do you want to read one long story or two short stories?"**

As long as your child is willing, kisses and hugs for all family members.

Young children often have a special blanket or stuffed toy to snuggle and comfort them when they are in bed. Bedtime is when children realize they will not be at your side. Insecure feelings can surface at this time. You can often lessen those feelings by connecting night time with the morning time. Give your child something to look forward to before you leave the room.

- **"I'll be dreaming about you tonight."**
- **"I am so looking forward to seeing you in the morning for breakfast."**
- **"We have a fun day planned for tomorrow, we will be"**

Some children ask for a night light or a picture of you to have in their room to look at when you are not with them. Giving your child a picture of you to take with them on overnight visits with extended family members is especially valuable.

Insecure feelings may surface as you begin to leave the room. Sometimes these feelings only surface when your child is alone in their room at night. Being aware of this allows you to be patient and understanding if your child becomes upset or needing more of your time. If your child becomes upset, you can model taking in deep breaths and letting them out slowly as your child expresses their upset. As you lovingly breathe when your child is upset, you are creating an unspoken bond, which allows your child to know you

love and support them unconditionally. As parents stay calm, it also helps children to remain calm.



Once your child is calm and depending upon your child's communication skills, they may or may not be able to explain what their upset is about. Ask in a gentle way:

- **“Can you tell me about what is happening?”**

Listen patiently to whatever they say and acknowledge all their feelings.

This experience will help your child to learn that it is safe to share their upset feelings with you.

It is often helpful to encourage your child to pick out a special stuffed toy that they feel will protect them in their dreams and throughout the night.



What works for one child may not work for another. However, as parents try new approaches, they will find the one that works best.

If you are interested in improving your communication skills I highly recommend the following books as they have been a wonderful resource for me for many years. Adele Faber and Elaine Mazlish author of, "How To Talk So Kids Will Listen & Listen So Kids Will Talk" and, "Siblings Without Rivalry."

When it comes to dealing with children's behavior, it is also important to be firm, yet kind.

Relationship Challenge Activity:

- **How you speak, act and feel reflects your thoughts, ideas and beliefs.**
- **How others speak, act and feel reflects their thoughts, ideas and beliefs, not yours! However, always be aware of your reaction.**

When the demands of the busy world along with daily challenges appear, stress and conflict can surface in a relationship. Whenever there is a conflict in your relationship many possible thoughts and feelings arise and at times result in disrespect towards one another.

Since we all recognize that we deserve to be respected and are doing the best we can, this is an opportunity to self-regulate our emotions by stopping, breathing, self-reflecting and then responding.

- **Stop, breathe, feel, acknowledge and accept all your feelings.**
- **Self-reflect and ask yourself, "What do I want or need, and why?"**

The dictionary meaning of respect is to be kind, caring, show consideration, to recognize, value, appreciate, compliment, cherish and treasure.

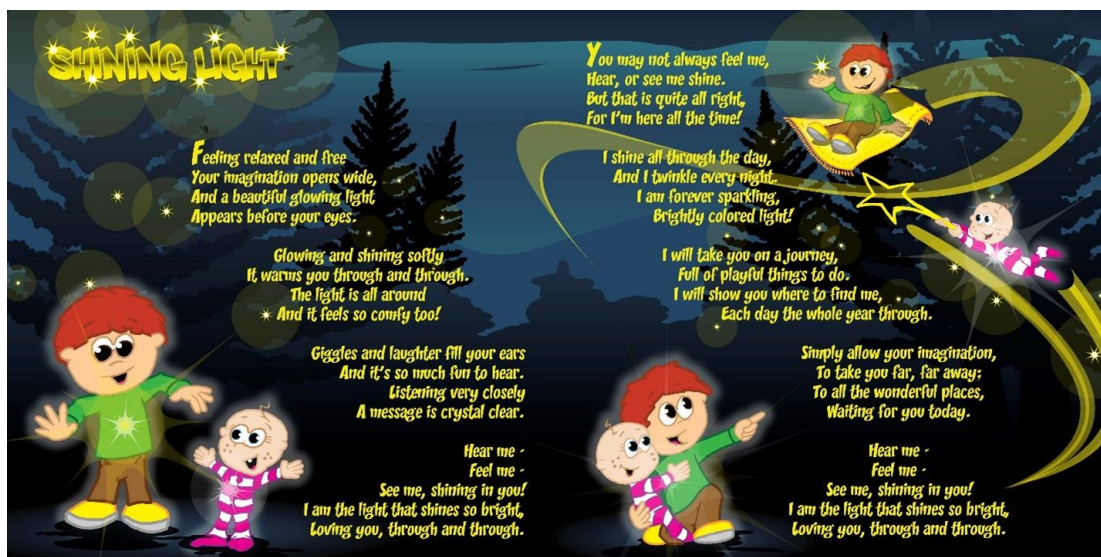
- After being self-reflective, communicate your feelings in a gentle, respectful way as you ask for what you want.

As parents improve their communication skills you will gain a deeper understanding of your own and others thoughts, feelings and emotions. As you relate to what others are feeling you gain a sense of empathy and a deeper bond with one another.

Shining Light Story

Original Lesson Plans - Page 15

Story Theme: "I am creative."



- Ask the children to find the hidden stars in this story.

The Power Of The Imagination:

I have done many demonstrations with parents where they have imagined themselves biting into a juicy lemon. The result was that

many parents sensed the citrusy smell and experienced saliva coming into their mouth. I have asked them, "How is this possible, we have only imagined a lemon and there is no lemon in this room?"

- **The mind does not know the difference between a real or imagined event. Any time you use your imagination your mind thinks what you are imagining is real.**

I Am Creative Activity:

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This activity is about discovering your creativity as a parent and as a child.

- **Ask yourself, "When have I been creative?"**

You create a new look each day with the clothes you wear. As you go through your day today, observe and discover the many moments that you create.

- **Have fun singing different songs, coloring and playing games with your children.**

Encourage children to become aware of their creativity. Through repetition, this activity helps children learn they are creating every moment. Eventually your children will take responsibility for their behavior by choosing to create moments that feel good.

Whenever you notice a child being creative, bring it to their attention by saying:

- **"Look how creative you are!"**



Once your child has begun to understand and talk about their feelings ask them:

- **"How do you feel about what you have created?"**



Transition Time Activity:

This activity motivates children to help make daily transition experiences easier.

If you are visiting a friend, model respect for your children, ensure that you are complete with your visit before announcing your transition time. You may want to say something like:

- **"We are going to be leaving in ten minutes. It's time to finish up with what you are doing."**
- **In five minutes, start singing a clean-up song where everyone helps put the toys away.**
- **Once clean-up is finished, "It's time to get your shoes and coat on."**
- **"As soon as you are ready, we will be going to the playground."**

Give your children something to look forward to by telling them where they will be going next.

Building Energy Activity:

This self-awareness activity helps children, who are quiet and not physically active learn how to build up their energy so that they feel more active.

Create a playful moment with your child as you jump up and down on the spot or dance with them to some upbeat music. After doing this activity, talk with your child about how they can build up energy in their body.

- **Ask your child, "What did you feel in your body while we were jumping or dancing?"**



Couple Team Activity:

When it comes to your couple relationship, John Gottman, author of: "And Baby Makes Three" talks about couples creating a team environment in their relationship. He suggests that couples work together as a "WE" instead of a "ME."

- **What team experiences can you create with one another today?**

Morning Sun Story

Original Lesson Plans - Page 29

Story Theme: "What I focus on grows!"



- Ask the children to find the hidden hearts and critters in this story.

"What I Focus On Grows":

Think about a child as they start to learn the alphabet. They start by singing the alphabet song with you. You show them various letters on their blocks or in the books you read to them. Through focused practice they learn to recognize letters.

- "What I focus on grows!"

Ask yourself:

- **What do you think about during the day?**
- **Where do you focus your attention?**
- **Do you notice more negative or positive experiences throughout your day?**

The reticular activating system in the brain functions whether you know about it or not. It filters your thoughts, words and imagination bringing into your life whatever you are seeing, hearing, feeling, thinking about or believing.

As adults learn about and understand the concept of, "What I focus on grows!" they can use this concept every day. For example:

- **Think about a negative experience.**
- **How do you feel?**

It is important to breathe, feel, acknowledge and accept all your feelings. Experiencing negative moments is totally normal. There are many ways to heal and release old painful feelings and experiences. Find a way that works best for you.

- **Think about a positive experience.**
- **How do you feel?**



Whatever you think about, feel or focus on will grow. As you focus on moments when you feel a connection with others and everyone is kind and caring, you will feel that experience and it will grow.



Encouragement Activity:

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This encouragement activity empowers children to gain the courage to believe in their abilities and strengths. It builds the parent/child relationship as you help your child to see themselves

from a positive perspective. Encouragement is the most effective way to create positive change in a child with behavioral challenges.

It is well known that nonverbal communication makes up a large part of the way that we communicate.



Here are a few non-verbal ways that you can encourage your child:

- **A gentle touch, a hug, a wink, a smile, a high five and clapping.**

Inspiring your child with verbal encouragement helps them to see that their positive qualities and behaviors are recognized and appreciated. Ensure that you give your child a lot of positive comments throughout the day.

Here are some examples:

- **"Look what you can do!"**
- **"I noticed you playing with your friends and having lots of fun as you created roads for your cars and trucks."**

- **"When I said that we would be leaving in five minutes and that it was clean-up time, thank you for listening to me.**
- **"I watched you pick up lots of toys as we sang the clean-up song. That was fun."**
- **"I watched you look both ways and make eye contact with the driver of the car before we crossed the street. You were being street smart."**

Talk with your child about all the favorite things that you love doing with them and watch your loving feelings grow. As your child improves their language skills ask them questions about their opinions. For example:

- **"What do you think about the picture that you painted?"**

You are teaching your child about relationships through your modeling.

Connect and respond with kindness as you communicate with your partner and children. It could be that you are sharing things you enjoy or asking for assistance. Responding in playful ways creates a warm friendship and environment for you and your children.

- **Practice focusing on all the things that you love to do together as a family and then communicate those feelings to your partner and children.**



- "What I focus on grows!"

Flashing Light Story

Original Lesson Plans - Page 37

Story Theme: "I choose to love myself."





- Ask the children to find the hidden hearts in this story.

I Choose To Love Myself Activity:

Original Lesson Plans - Page 44

This self-awareness activity encourages your children to love and accept themselves just the way they are. It can take lots of repetition and modelling for children to be gentle, kind and love themselves. This is what Social and Emotional Learning is all about. Each time a child does a self-awareness loving activity, they are one step closer towards recognizing their precious, lovable nature.

- The heart knows that love is who we are.
- When our thought system accepts that "love is who we are" we feel secure, happy and free.

Ask the children:

- **Draw a picture of you loving and appreciating yourself.**

As children focus on loving and appreciating themselves, they will believe in themselves, strengthen their self-esteem and reflect these feelings in their interactions with others.



- **Encourage your children to hug themselves at least once every day.**
- **Read picture books about love.**

As children acknowledge and accept all the feelings they choose moment by moment, they will become more loving and accepting of themselves and others.

While reading stories to your children, encourage them to talk about how the children in the story are feeling.

If your children say the child in the story is happy or excited, talk about the pictures and say:

- **"Yes, I think that the little girl or boy is happy. They are smiling with a big smile as they are playing."**

If the children say the child in the story is sad or angry, talk about the pictures and say:

- **"Yes, I think they might need a hug, what do you think?"**
- **"Could we wrap all their feeling in a Blanket of Love and give them a big hug?"**



As parents' model unconditional love, you will be teaching your children to:

- **See themselves from a loving perspective.**



- **Be gentle, kind, caring and patient with themselves.**



- **Love themselves just as they are.**

As parents and caregivers are looking after children it is important to:

- **Listen to your body. If you are feeling tired, rest when your children rest.**
- **Learn to have empathy and compassion for yourself and others.**
- **Ask for help and support when you need it.**
- **Ask for a hug. Huge amounts of oxytocin are released into the body when you are touched lovingly.**
- **Recognize that you are always doing the best you can. You are learning from every experience.**

Smile, enjoy and appreciate the precious moments that appear.

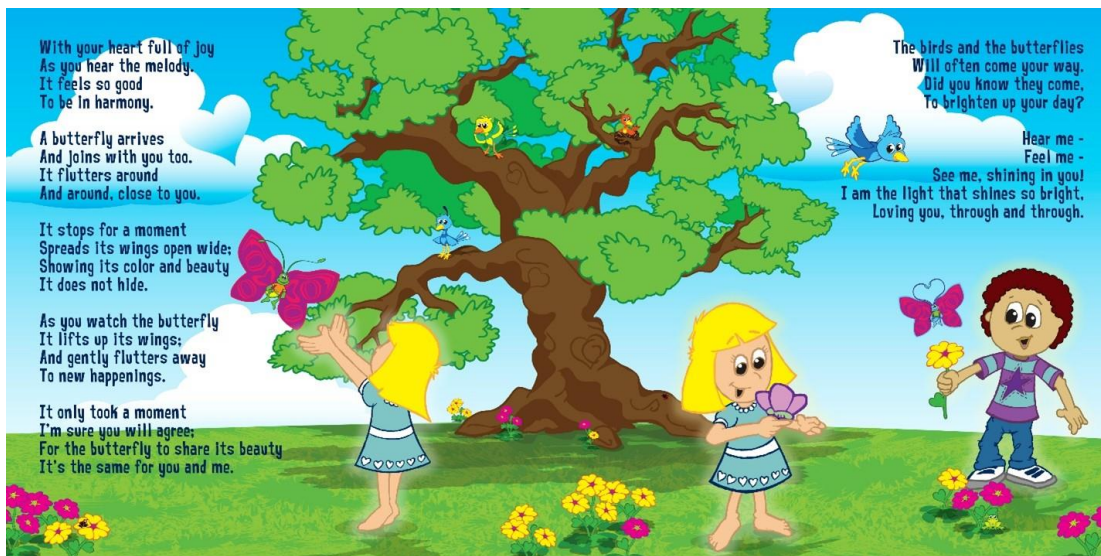


Learning to love ourselves is a choice that we all make moment by moment.

Birds and Butterfly Story

Original Lesson Plans - Page 47

Story Theme: "I appreciate nature."



- Ask the children to find the hidden hearts in this story.

Be a Bird or Butterfly Activity:

Original Lesson Plans - Page 50

This activity encourages your child to imagine what it would be like to be a bird or butterfly. This experience will offer them a greater appreciation for nature's gifts. While standing in a large room or a wide open space outside, play with your child as they imagine being a bird or butterfly:

- **Imagine flying, soaring and singing like a bird. As you play with your child, have fun encouraging them to put their arms out and soar through the air and sing like a bird.**
- **Imagine dancing like a butterfly. As you play with your child, have fun encouraging them to flap their arms like a butterfly's wings and dance like a butterfly.**
- **Imagine being any animal they would like to be. As you play with your child have fun moving your body like various animals and making animal sounds.**



I Appreciate Nature Activity:

Original Lesson Plans - Page 53

I encourage parents to let go of the busy world and walk in nature with your children. It is a wonderful family time as you hear the birds and other sounds of nature. Smell the plants and trees and see the many gifts nature has to offer.

Bend down and look at the little bugs and snails as they crawl in their natural habitat. Model being careful, by not stepping on the bugs and beetles. It's fun discovering all the many surprises that surround us in nature.

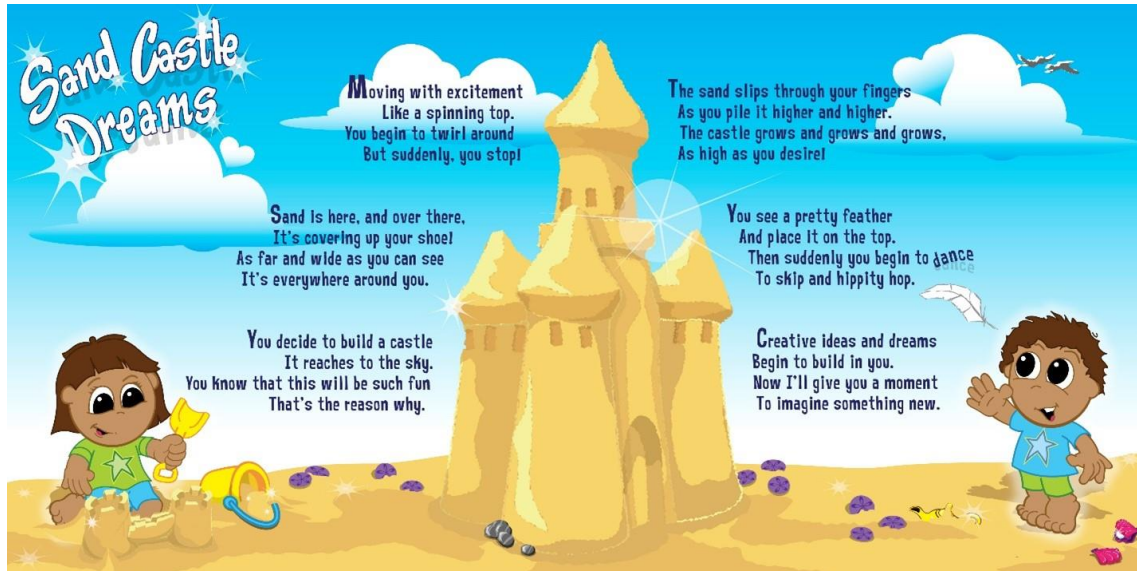


When stress happens, breathe to relax and then go outdoors and watch what happens to the stress you were feeling in your body.

Sand Castle Dreams Story

Original Lesson Plans - Page 59

Story Theme: "I believe in wishes and dreams."



- Ask the children to find the hidden hearts and stars in this story.

Read “The Little Engine That Could” Activity:

Original Lesson Plans - Page 65



- **Encourage your children to use their imagination to think about all the things they would like to do.**

Read to your children, “The Little Engine That Could” storybook written by Watty Piper. This book reminds you that as you say, “I think I can, I think I can” you will be amazed what you can experience and accomplish.

The little engine opened his heart to the children and offered his assistance even when he was unsure about his ability. This story encourages all who read it to focus on the words, “I think I can, I think I can” whenever they are approaching a challenge.

The following questions offer an opportunity to think about your own thoughts, feelings and attitudes.

- **How do you think the Little Engine felt at the end of the story?**
- **What attitudes do you wish to give to your children?**
- **What wishes and dreams do you have for your family?**
- **Have fun thinking about a dream and imagine it happening for you.**
- **Write down your dream and think about it often.**

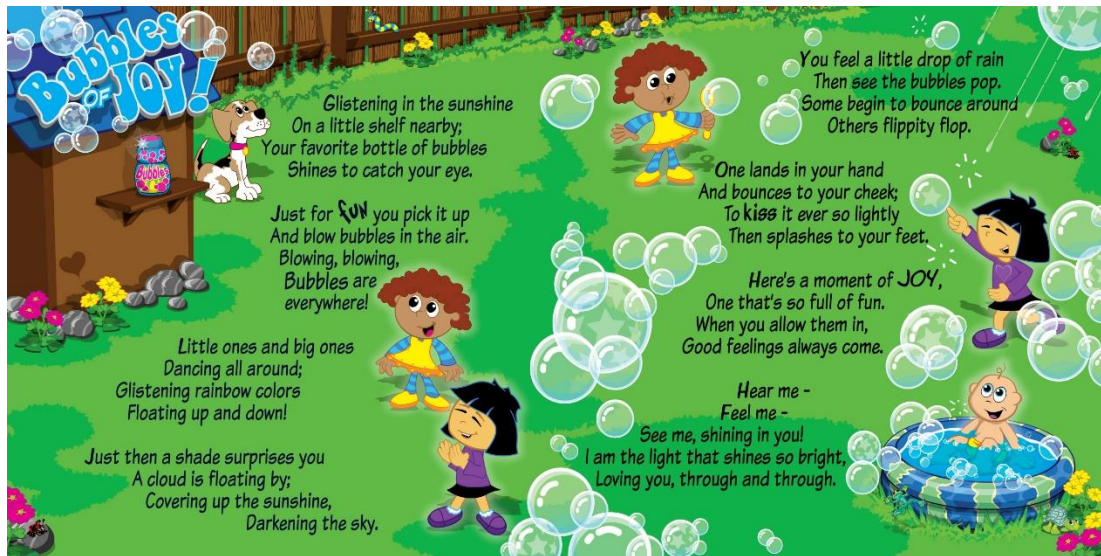
Believe in yourself, create an "I Can" attitude and see what happens. As you gain personal experience having your wishes and dreams come true, you will be able to inspire your children.



Bubbles of Joy Story

Original Lesson Plans - Page 71

Story Theme: "I am filled with joy."



- Ask the children to find the hidden hearts, stars and critters in this story.

I Am Filled With Joy Activity:

Original Lesson Plans - Page 72

Enjoy being in the moment with your children. Cuddle them, play with them and have fun. There are many distractions in life that can take you away from joy filled moments.

As you focus on having joyful moments with your children you will be rewarded with a strong and happy relationship.



- Joyful, playful, fun experiences build healthy relationships.



- Blow bubbles using several different sized bubble wands. Have fun with your children while they pop the bubbles.
- If your hands are soapy, you can catch bubbles in your hand.
- Encourage your children to look at all the beautiful colors in the bubbles.

When stress happens, joy is a wonderful stress releaser. Move into a different environment, have some fun and watch what happens to the stress you were feeling in your body.



Rainbow Delight Story

Original Lesson Plans - Page 77

Story Theme: "I feel my perfect wholeness."



- Ask the children to find the hidden hearts and critters in this story.

I Feel My Perfect Wholeness Activity:

Original Lesson Plans - Page 79

As you engage with children while doing this activity you will notice that it helps children to breathe and focus on seeing themselves perfect and whole.

- **Studies have shown that offering visualizations regularly helps children to calm and relax their body and simply feel better.**
- **Shake your body and get all the wiggles out.**



- **Find a comfortable place to sit or lie down.**
- **Take a deep breath and let it out slowly.**
- **Close your eyes.**
- **Breathe and imagine you are floating on a fluffy cloud. Feel your body becoming lighter and lighter. Feel yourself floating along feeling more and more relaxed.**

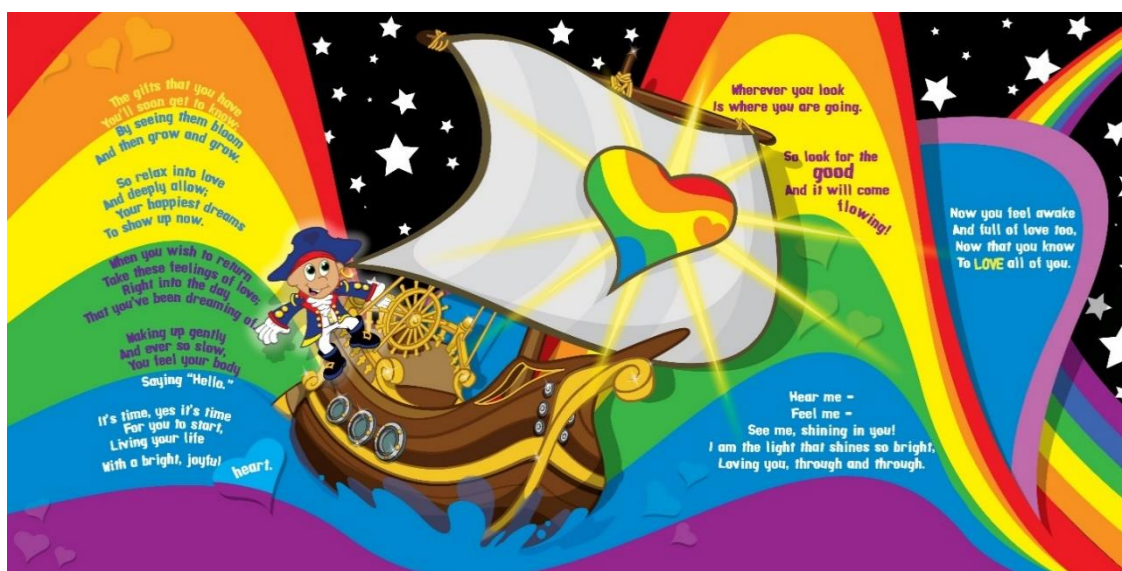
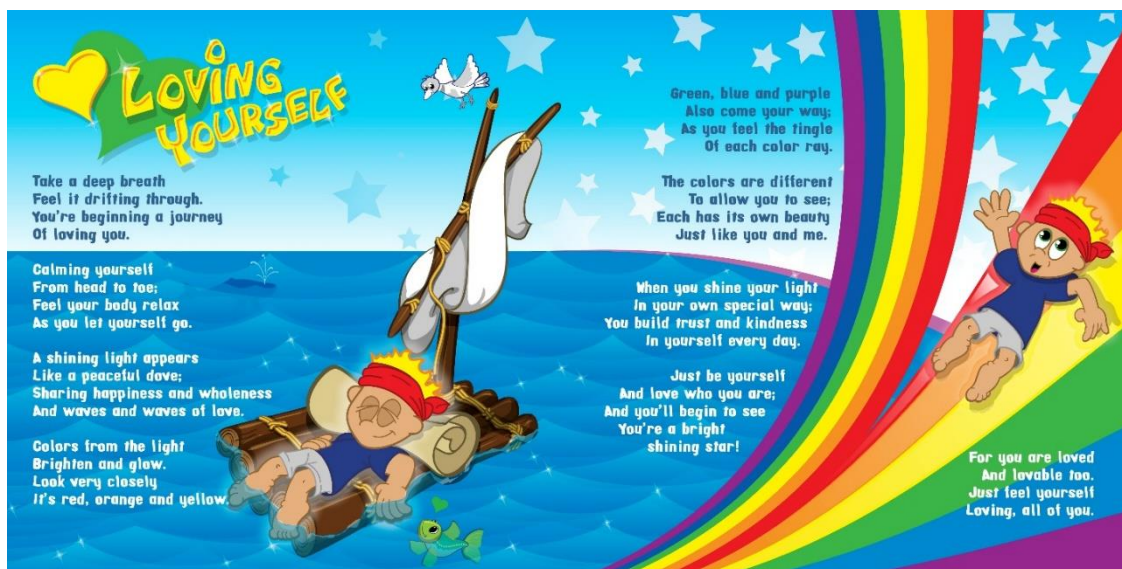
- Breathe and imagine feeling your perfect wholeness from the top of your head to the tip of your toes.
- Breathe and feel perfect and whole in every way.
- Breathe and feel good about being you.
- Breathe and wrap yourself in lots of love.
- Breathe and imagine everyone wrapped in love feeling their perfect wholeness.
- Breathe deeply and when you are ready, open your eyes.



Loving Yourself Story

Original Lesson Plans - Page 87

Story Theme: "It's OK to be different."



- Ask the children to find the hidden hearts and stars in this story.

It's OK To Be Different Activity:

Original Lesson Plans - Page 93

Appreciating your own similarities and differences allows you to love and accept yourself and others unconditionally. As you do this you are learning it's OK to have a different opinion or idea.

Learn to believe in yourself, respect and appreciate yourself for who you are and others for who they are. As you model these attitudes for your children, they will be learning to respect and appreciate themselves and others!

- **Make a list of all the things that you appreciate about yourself and the significant people in your life.**

This activity encourages children to recognize they may feel different from one another and yet discover it's OK to be different.

- **When you go grocery shopping with your children show them all the different colored vegetables.**



- Show your children different colors, textures, flowers, birds and trees. Talk about all the different things that you see.
- Take your children to different cultural events where they can experience the sights, sounds and smells of different foods relating to other cultures. After being at this type of event, talk about all the different things you experienced.
- Differences are all around us. They offer spice to life.

Good Things Happen Every Day Activity:

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This inspiring activity encourages you to be optimistic as you imagine good things happening every day. As you experience good things happening every day, celebrate these experiences and watch this belief strengthen.

- Talk with your children about good things happening every day.
- As something unexpected shows up, which delights your children, celebrate with them.
- Reinforce unexpected fun events happening by talking about them at meal time or when you are tucking your child into bed. You might also say, "I wonder what good things will

happen tomorrow.” Also talk about these events with extended family and friends.

- Make a list of all the good things that have happened for you over the last week, month or year.



Shining Star Story

Original Lesson Plans - Page 101

Story Theme: “I appreciate myself and others.”





- Ask the children to find the hidden hearts and stars in this story.

Shining Star Art Activity:

Original Lesson Plans - Page 104

The purpose of this activity is to encourage your child to feel like a Shining Star.

- **Supplies:**
 - crayons, felts, paints or glitter glue
 - construction paper
 - age appropriate scissors

Ask your child to make a Shining Star.

- Trace a large star shape in the middle of your paper.

- The middle of the star should include the child's name.
- Ask your child to decorate their Shining Star.
- Cut the Shining Star from the paper.
- Take a picture of your child holding their Shining Star.



Self-Appreciation Activity:

Original Lesson Plans - Page 105



Feeling self-appreciation for who you are and what you do each day is very important. This activity is wonderful for everyone.

However, if you ever feel that you are not being appreciated, this activity will help you to change that belief, feeling and experience.

Create a moment as you put your child to bed at night and think about all the things that you appreciate about your day.

- **Tell your child what you appreciate about them; their smile, their laugh or about all the special moments that touch your heart each day.**



If you are in a couple relationship talk about what you appreciated about your partner today and what you appreciated about others.

Remember to talk about what you appreciate about yourself also. As you do this you will be modeling and teaching your child the value of appreciation. Create this habit and you will experience appreciation in ways that amaze you.

Playful Journeys Story

Original Lesson Plans - Page 113

Story Theme: "I have discovered a lot about me."



- Ask the children to find the hidden hearts, stars and critters in this story.

I Am Lovable - Art Activity:

Original Lesson Plans - Page 115

This activity reminds your child of their loving nature.

- **Supplies:**
 - crayons, felts, paints or glitter glue
 - construction paper
 - age appropriate scissors
- Fold a piece of paper in half.

- Trace half of a large heart on the folded edge.
- Cut out the half heart while the paper is still folded.
- Open the heart.
- Draw a picture of yourself on the heart.
- Color and decorate your heart.

Encourage your child by saying with them every day:

- "I Am Lovable."



Epigenetics is now proving that when children are in a supportive, nurturing and loving environment the cells in their body respond positively.

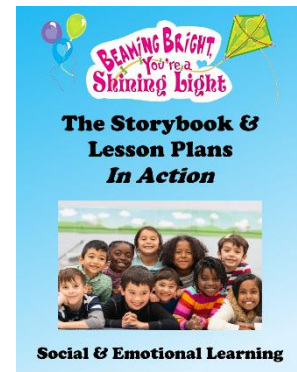


This concept helps you and your children to strengthen your belief in your lovable, happy selves. As you are kind, caring and loving with yourself these feelings are then reflected in your interactions with others. How you think and feel about yourself greatly influences how you act.

- **Whenever you discover yourself beaming and shining, feel the freedom within you at that moment.**
- **Take a quick selfie of yourself when you are experiencing happy, uplifting moments.**
- **Savor the moment or write about it in your journal.**

The goal of this parenting program is to give you a strong foundation to build on and to experience first-hand a few of the 101 activities from the **Beaming Bright, You're a Shining Light Lesson Plans**.

Once your child is 3 years old you can have fun with the **101 Self-Awareness Activities For Young Children** in the **Lesson Plans**.



The Lesson Plans In Action shares how parents, teachers and caregivers have used the **Lesson Plans** in the home and classroom environments. It offers additional activities, inspiration and understanding about the various activities and includes the children's artwork. You can view or download these programs on the [Free Downloads](#) page.

These resources are designed to help parents gain the insight and understanding about how the first six years of a child's life are one of the most important learning and growing times. Enjoy!

