

Week 1 Homework

1. Monitor your emotional temperature throughout the week, noticing what causes it to be high and/or low.

What do you notice? _____

2. Put together your toy kit, choosing some toys from each category.

Nuturing Toys

- Baby doll
- Baby bottle
- Blanket for baby
- Domestic animals (i.e. cow, horse, dog, cat)

Aggressive Toys

- Foam sword
- Small toy soldiers
- Dart gun
- Wild animals (i.e. snake, lion, dinosaur, shark)
- Rope
- Police hat and automatic release handcuffs

Additional Toys

- Boomer Bop Bag
- Musical instruments
- Puppets
- Foam ball
- Glasses
- Flashlight

Real-Life Toys

- Emergency vehicles
- Pretend cell phone
- Medical kit
- Pretend food and dishes
- Cash register with pretend money
- Doll house, doll family and basic doll furniture (toilet, bath, kitchen, bed)

Creative Toys

- Paper
- Markers & crayons
- Play dough
- Silly putty
- Tape
- Child-safe scissors
- Glue stick
- Hard surface (i.e. cookie sheet)

Family Activity: Build a Family Fort

Children love to build pretend fortresses at home using different items from around the house as props. In this activity, you and your children will make a family fort together. Tell your children that you are going to build a family fort together, ask them where they would like to build it, and invite them to grab supplies from around the house. For example, they might choose to build a fort with the dining room table by tossing sheets over it, or they might use their bed and other furniture in their room to build the fortress. Allow your children to get creative and enjoy building the fort together as a family. The more you get into it the more your children will love it. You might even consider having a snack in the fort or reading a few stories together in it!