Connecting Through Storytelling:
Parent Take-Home Activity

1. Set aside a few moments of alone time with your child, or practice this activity as a family. This activity can be done using this worksheet or simply through conversation.

2. Ask your child to spend 3-4 minutes thinking about a time in his/her life, that he/she felt proud of himself/herself.

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3. Share 2-3 positive words you feel describe your child based on the experience he/she shared.

Child/Family Member: _________________________
Words that describe them: 1.____________________ 2. _________________ 3. _______________________

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4. Optional: Share your own memory with your child.
   Optional: Share with your child a time you were proud of him/her.
   Optional: Have your child draw a picture representing his/her memory.

5. Ask your child how this experience makes him/her feel.

Notes: ____________________________________________
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