

DO THIS AT HOME

Its My Choice!

Set up these activities at home, and invite your child to choose which one to do.

What Your Child Will Learn

The great thing about these activities is they can be carried out both indoors and out. Giving children choices helps them feel in control. As children mature, the confidence that they gain as they make choices will support them on their road to resilience.

Materials Needed

beach ball (or cotton balls)	paintbrushes
blanket (or beach towel)	tempera paint
large sheet of clear plastic (available in your local fabric or craft store)	

What to Do

- ▶ The following activities are examples of things you can do with your child. Allow your child to choose which activity she wants to do.

See-Through Art

- ▶ Create a mural with your child.
- ▶ Attach plastic to a fence or other surface where your child can work at her eye level.
- ▶ Encourage your child to paint and decorate the plastic. When she is finished, the mural will be a beautiful and meaningful addition to your home.

Blanket Ball

- ▶ Have your child hold one end of a blanket (or beach towel) and you hold the other. Put a beach ball (or cotton balls) in the middle and toss them in the air. How high can you make them go? How far can you toss them?

Mirror Partners

- ▶ Stand facing your child.
- ▶ Have your child move a body part (leg, arm, foot, or other part) and you copy the movement.
- ▶ Switch roles. Have fun!

Musical Hula-Hoops®

- ▶ Lay the hoops on the ground and start the music. Tell the children to move until the music stops! Once the music stops, the children must get inside a hoop.
- ▶ Tell the children to stand up and take away one hoop. Restart the music, and repeat until all the hoops are gone.
- ▶ Encourage and applaud the children who cooperate and make room in the hoops for their classmates.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.