

JOURNAL PROMPTS

What is your plan to make time in your busy life for this Course?

When will you listen to the lecture?

When will you listen each day to the four minute daily inspiration?

When will you print out the homework and post it?

When will you try the “Practice” with your child?

When will you find time to answer the Homework Journal Prompts and Reflect after your practice?

Self-Regulation Mantras

List some Mantras that you think might help you calm down when you're upset. Then pick two to try out. Write them down on stickies and put them where you'll see them – on your dashboard, your mirror, or your refrigerator.

1.

2.

3.

4.

After listening to the lecture, please answer these questions.

1. How often do you find that you are not using a respectful voice with your children?
2. What is a realistic action step for you to take to get better at regulating your emotions?
3. How can you support yourself so that you're more likely to be successful?

GOING DEEPER

GROWTH GRID: Use this chart to write about your self-regulation experiences, both the times you are successful and the times you aren't. It's not a mistake if you learn from it!

Date & Time:

Describe Situation:

How you responded:

What you learned about how to support yourself better next time:

Date & Time:

Describe Situation:

How you responded:

What you learned about how to support yourself better next time:

Date & Time:

Describe Situation:

How you responded:

What you learned about how to support yourself better next time:

Date & Time:

Describe Situation:

How you responded:

What you learned about how to support yourself better next time:

PRACTICE WITH YOUR CHILD

Are you a yeller or shouter? Then it's time to take your vow of Yellibacy! If you don't yell or shout much, then use this as your opportunity to work on cultivating a respectful voice.

1. Print out your Respectful Voice chart.

2. Talk to your family about the chart.

"You know how I yell sometimes?...I don't want to yell so much. It doesn't help things...And you never deserve to be yelled at, no matter what....Will you help me with this? See this star chart? I want you to draw a star (or give me a sticker) every day that I don't yell. I will ask you every day. What do you think about that?"

3. Make a list below of ways you can support yourself so you're less stressed and able to stay more patient with your child. Which of these can you begin today?

REFLECTION AFTER PRACTICE

The Daily Inspirations this week focus on Stop, Drop and Breathe. Your assignment is to find a time when it is difficult for you to stay calm with your child. Use Stop, Drop and Breathe in that situation and then reflect on it here.

What happened?

What did you think and feel?

What did you do?

How did your child respond?

What do you notice when you're able to stop yourself from shouting? What helps you?

How can you support yourself in the future to make it more likely that you can self-regulate?