



## HOME ACTIVITIES FOR THE WEEK



### *To Do:*

- On the **BEHAVIOR RECORD** handout, write a list of the behaviors you want to see more of and less of.
- **SELECT** one negative behavior from the list of behaviors you want to see less of (for example, whining or swearing), and practice ignoring the behavior every time it occurs during the week.
- For the negative behavior you listed in step #2 above, think of its **POSITIVE OPPOSITE**. For example, the opposite of yelling is talking politely, and the opposite of grabbing toys from others is sharing. Then systematically praise this positive behavior every time it occurs during the week.
- On the Record Sheet: Praise and Ignore, **WRITE DOWN** the behavior you ignored, the behavior you praised, and the child's response
- **READ AND COMPLETE** the handouts on self-control, self-talk and positive coping statements.
- **USE** the Self-Talk in Problem Situations handout to record the upsetting thoughts you have in problem situations, and write down some alternate calming thoughts. Bring this handout to the next meeting.



### *To Read:*

Read Chapter 11, *Controlling Upsetting Thoughts*, in *The Incredible Years* book.

***Caution: Remember to continue special time!***