

# Affirmation Activity



## ***Teaching Pyramid for Families Snapshot!***

If you feel that you have barriers that get in the way of connecting with your child, remember this: You can do small things often. If you don't have a full 30 minutes to play a board game, do you have 5 minutes to read a book or have a dance party? It is important to remember that building connections is mainly about positive "time and attention" and not giving your child "things." Think of activities you do every day... how can you make them more playful and interactive?





**STORYBOOK**  
VILLAGE PRESCHOOL

## *Positive Solutions for Families:* **FAMILY HANDBOOK ACTIVITY**

An affirmation is a positive reminder or statement about yourself that is encouraging and motivating.

Think about or write an encouraging note or positive comment to yourself about something that you did with your child this last week.

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