

8 weeks -Habit of Obedience

WEEKS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Introduce Habit of Obedience	Play Animal Freeze Song		Mom and Dad role play what it means to stop	Watch Daniel Tiger "You can't always get what you want"		Mom roles with Stuffed Animals
2	Read <i>Stega Nona</i> . See links and questions below	Play Simon Says		Mom and Dad role play first and then practice with child (make it fun)	Read <i>I Just Don't Like the Sound of No</i>		Mom and Dad role play first and then practice with child (make it fun)
3	Read <i>The Book of Rules</i>	Play Animal Freeze Song		Parents give instructions for child to practice stopping	Read <i>Yes I can listen</i>		Parents give instructions for child to practice stopping
4	Read <i>Howard B Wigglebottom Learns to Listen</i>	Play Simon Says		Practice real examples. See below			Practice real examples. See below

NOTES:

You want to determine what is age appropriate. Toddlers are still learning impulse control so they need games to simply practice those skills.

All Books and videos are linked below with Discussion questions. If you can't find the books at the library you can look them up on youtube for a read aloud!

Remember that you need to be consistent in real time and making sure your child is stopping as soon as you ask them. This may mean you help them to stop

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5	Read <i>Voices are not for yelling</i>			Practice real examples. See below			Practice real examples. See below
6	Read <i>Listening Time</i>			Practice real examples. See below			Practice real examples. See below
7	Read <i>Listening Ninja</i>			Practice real examples. See below			Practice real examples. See below
8	Read <i>The Book of Rules</i>			Practice real examples. See below			Celebrate Progress gained!

NOTES:

Resources for Listening Skills

Real example Ideas

Let child play in the sink and when you say stop they need to turn off the water

Let child jump off chair until you say stop

Let child play ball or hockey until and practice stopping when you say stop

Let child run and practice stopping when you say stop

Let child shout and yell until you say stop

****Brainstorm ideas where you find yourself saying stop the most****

Books:

Strega Nona by Tomie dePaola

Questions: What did Strega Nona tell Big Anthony not to do? Did He listen? What would good listening look like?

The Book of Rules by Brian Gehrlein

I Just Don't Like the Sound of No by Julia Cook

Questions: How do you join the Say Yes to No Club?

Yes I Can Listen by Steve Metzger

Questions: Stop on each page and talk through examples that makes sense to your child

Howard B Wigglebottom Learns to Listen by Howard Binkow

Questions: What happen to Howard's ears when he didn't listen? What happened to Howard's friend? Howard got sad when he got a timeout for not listening and realized that listening feels better. Can you think of a time it felt good inside to listen?

Listening Ninja by Mary Nhin

Questions: What does a Listening Ear stand for? (Eye Contact, Ask Questions, Repeat back what you heard)

Listening Time by Elizabeth Verdick

Question: What does good listening look like?

Daniel Tiger: You Can't Always Get What You Want

Questions: When Daniel didn't get what he wanted did he yell? Did he scream? Did he hit? What did he do?