

DO THIS AT HOME

A Star Marks the Spot

Try this activity at home to reinforce what your child learned about the importance of being flexible when plans change.

What Your Child Will Learn

Change can be good when it is shared with the child *before* the circumstance arrives. Children learn to adjust and adapt to change when adults make every effort to help them understand when and how the regular routine of the day may be altered.

Materials Needed

large star cut from construction paper

pictorial schedule (see outline below), or a whiteboard with a simple schedule written or drawn

What to Do

- ▶ If you do not have a pictorial or written daily schedule for your child, try these simple steps to create one:
 - ◀ Take pictures of your child carrying out everyday daily routines.
 - ◀ Mount photos onto a heavy piece of construction paper or card stock.
 - ◀ Hang a piece of string or ribbon (approximately two feet long) low across a wall where your child can readily see and reach it.
 - ◀ Add the photos in order to make up your child's daily schedule.
 - ◀ At the start of each day, go over the day's events and routines with your child.
 - ◀ Make every attempt to do this each day as an excellent way to establish and maintain a predictable and consistent schedule and routine.
- ▶ If you already have a pictorial or written daily schedule for your child, proceed to the steps below.
- ▶ Take a moment to think about any changes there may be in your child's schedule for the day.
- ▶ To make your child aware of the change, place a star on or near that part of the day in the pictorial schedule. (If using a whiteboard, put the star near the new activity or the change.)
- ▶ Show your child where you have placed the star. Explain the change and what will happen as a result.



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