

## DO THIS AT HOME

# Negotiation Station

Try this activity at home to reinforce what your child learned about recognizing feelings in herself and others.

### Materials Needed

an area with a small table and chairs designated just for the purpose of negotiating or talking about our problems and conflicts (**NOTE:** Make this peaceful area your own by adding personal touches you know will help your child calm down and talk about feelings)

“touch” closet light

vase of flowers (artificial/silk are just fine)

### What to Do

- ▶ Introduce your child to the word “negotiate” by telling her it means talking things out and finding ways to solve problems.
- ▶ Find and create a Negotiation Station together with your child. Have her help you find a way to decorate it to make it comfortable. Here are a few items that can be used in the Negotiation Station:
  - ◀ books about emotions
  - ◀ mirror to see how she feels
  - ◀ puppets
  - ◀ a box of tissues
  - ◀ feeling cards (cards that display faces representing a wide range of feelings/emotions)
  - ◀ pencils, crayons, markers, and paper
  - ◀ friendship lotion (perfume-free, hypo-allergenic hand lotion with just a little glitter!)
- ▶ When a conflict arises, encourage your child to go to the Negotiation Station to talk about what happened. You will need to go with her at first to help her state the problem, how she feels, what a good solution might be. When friends or young family members come over to play, explain to them what the Negotiation Station is, and encourage them to use it, too.
- ▶ Your child should not have to ask for your permission to go to the Negotiation Station; however, she should let you know (as well as other children that might be over) that she is beginning the process of negotiating by turning on the touch light placed on or near the negotiation station. (A bell or other “signal” can be used in place of the touch light.)
- ▶ Give your child special recognition and verbal encouragement for visiting the Negotiation Station (a smile, handshake, high five, and/or verbal encouragement: “I liked the way you talked to me about your problem!”).
- ▶ When leaving the Negotiation Station, your child might put on a little Friendship Lotion, just for an added touch!

**NOTE:** For families who believe a “talk spot” would work in place of a “negotiation station,” feel free to individualize this activity to meet your family’s needs!

\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).