

TOP 6

DAILY REMINDERS

CHILD DEVELOPMENT GOALS

Intellect

Family Circle time. Set aside 15-20 minutes a day practicing basic knowledge (ex. ABC's, numbers, continents, historical figures, read a book, funny song).

Physical Health

Set aside time for family fitness. Take a walk up the block after dinner, play ball outside, wrestle or hide-&-seek in the house. Do this for 15 minutes each day for 2-3 weeks to establish a routine.

Social Emotional

Daily feeling check in/out. Use visual posters that display feeling faces. Engage in discussion about healthy/unhealthy responses to emotions. Use social/emotion books as a resource. Praise efforts!

Spiritual

Recite 9 virtues (courage, discipline, fidelity, honor, hospitality, industriousness, perseverance, self reliance, truth) at bedtime or morning.

Creative

Have children help with dinner preparation. Cooking with children creates memories and teaches a skill. Keep it simple. Offer a bowl and spoon as a sensory activity for small kiddos.

Cultural Development

Discuss another culture and teach another culture. Start with a story and a word per day in the culture discussed.

'EVERY MOMENT IS A TEACHING MOMENT'