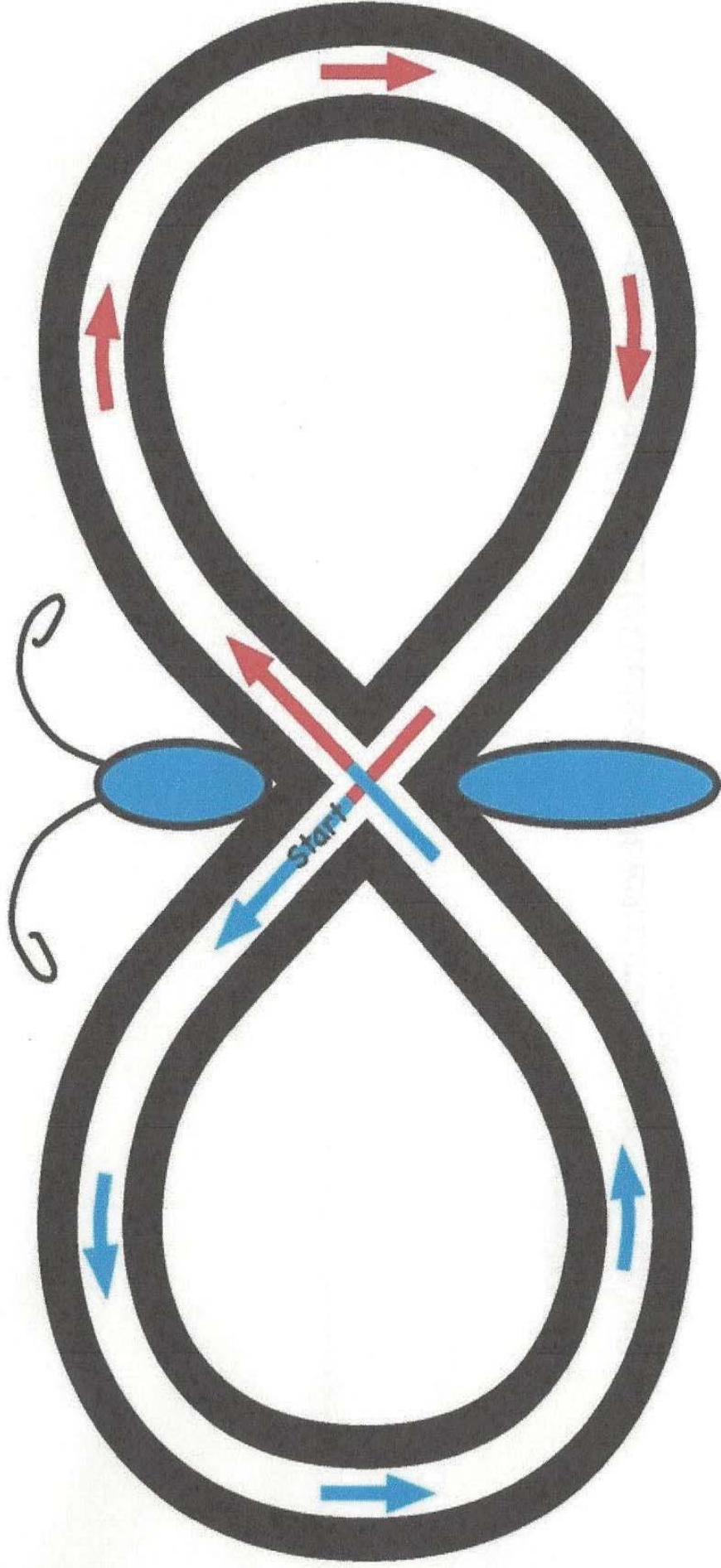


Butterfly 8's



To integrate both hemispheres of the brain:

Trace Butterfly 8 with dominant index finger ten times.

Trace Butterfly 8 with non-dominant index finger ten times.

Trace Butterfly 8 with index fingers of the right and left hand ten times.

Crossing Midline

create a superhighway for learning



Corpus callosum is the main super highway of the brain. Supporting connections between the left and the right brain = higher level learning.

<http://ilslearningcorner.com/2015-11-why-crossing-the-midline-activities-helped-this-child-listen-to-his-teacher/>

Brain Break Ideas

- Water bottle with a straw
- Alternate seating options
- Fidgets
- Twist jumps
- Squats
- Hop on one foot
- Tree pose
- Push-ups
- Downward dog



Reach up high – STRETCH
Bend down, touch toes, 10X



Bend down,
touch floor
Hold and count to 10

66

POSITIVE THINGS

TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.

Need a 5:1
ratio to
teach
positive
behaviors

Resources

- **Websites to check out:**
 - Fun and Function – Empowering Different
 - ILS Learning Corner
 - Let’s Move!
 - Mind Up – a product of The Hawn Foundation
 - School Moves
- **Programs to check out:**
 - Zones of Regulation by Leah Kuypers
 - Yoga 4 Classrooms
- **Books to check out:**
 - *Out of Sync Child* by Carol Kranowitz and Lucy Jane Miller
 - *Positive Discipline* by Jane Nelson
 - *Love and Logic* by Foster Cline and Jim Fay
 - *Mindful Panda* by Lauren Alderfer and Kerry Lee MacLean
 - *Puppy Mind* by Andrew Jordan Nance and Jim Durk
 - *10 Mindful Minutes* by Goldie Hawn
- Stay connected to your school team!