

Session 1—Activity #2  
Things to Try at Home!  
“Filling/Refilling” Activity



List 5 things that you will try to do in the next week to “fill/refill” your child’s relationship tank—things that will make your child feel really special!

(1)

(2)

(3)

(4)

(5)

Some ideas to try...

reading a book together  
singing favorite songs together  
eating dinner together

hugs, high fives, kisses, winks, thumbs-up

letting your child be your special helper (helping with dinner, laundry, etc.)

taking a walk together  
saying “I love you”  
asking your child about his/her day  
playing together