


“The Things We Do Together” Book

 On each page below, work with your child to draw and write about a routine or activity your family enjoys doing together. Cut apart the pages and staple them to make a book. To add pages for more memories, cut apart a piece of paper.



**The
Things We Do
Together**

 **By** _____

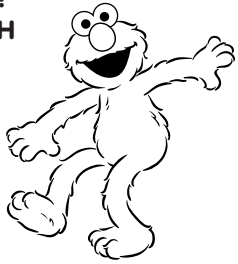
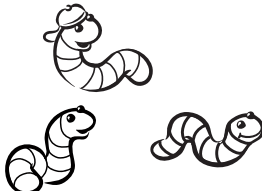
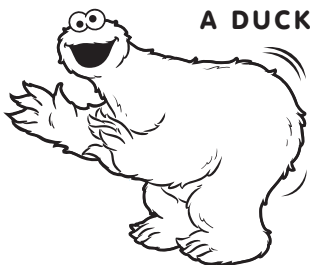

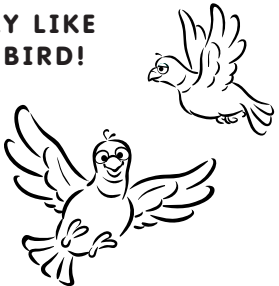











1

2

3

Move It Out!

Physical movement and exercise can be great ways to care for yourself while caring for your children. Try this movement game with the whole family. Point anywhere on this page (to make it a surprise, close your eyes). Together, try the movement you choose.

<p>JUMP! TOUCH YOUR TOES!</p> 	 <p>WIGGLE LIKE SLIMEY!</p>	<p>WADDLE LIKE A DUCK!</p> 	<p>DO A SILLY MONKEY DANCE!</p> 
<p>FLY LIKE A BIRD!</p> 	 <p>STOMP! STOMP! STOMP!</p>	 <p>JUMP UP! TWIRL AROUND!</p>	 <p>SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!</p>
 <p>PRETEND TO PLAY YOUR FAVORITE SPORT!</p>	 <p>DO FIVE FROG LEAPS!</p>	<p>DANCE FAST!</p> 	 <p>HOP LIKE A BUNNY!</p>
 <p>DANCE LIKE JUMPING BEANS!</p>	 <p>KICK YOUR LEGS!</p>	 <p>STRETCH UP HIGH... TRY TO TOUCH THE SKY!</p>	<p>CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.</p> 

Helping Hands

1. Trace your hand here.
2. Have your mom or dad trace their hands.
3. On each finger, write one way you help each other.
4. Sign your names in the middle of each hand. Shake hands when you're done!



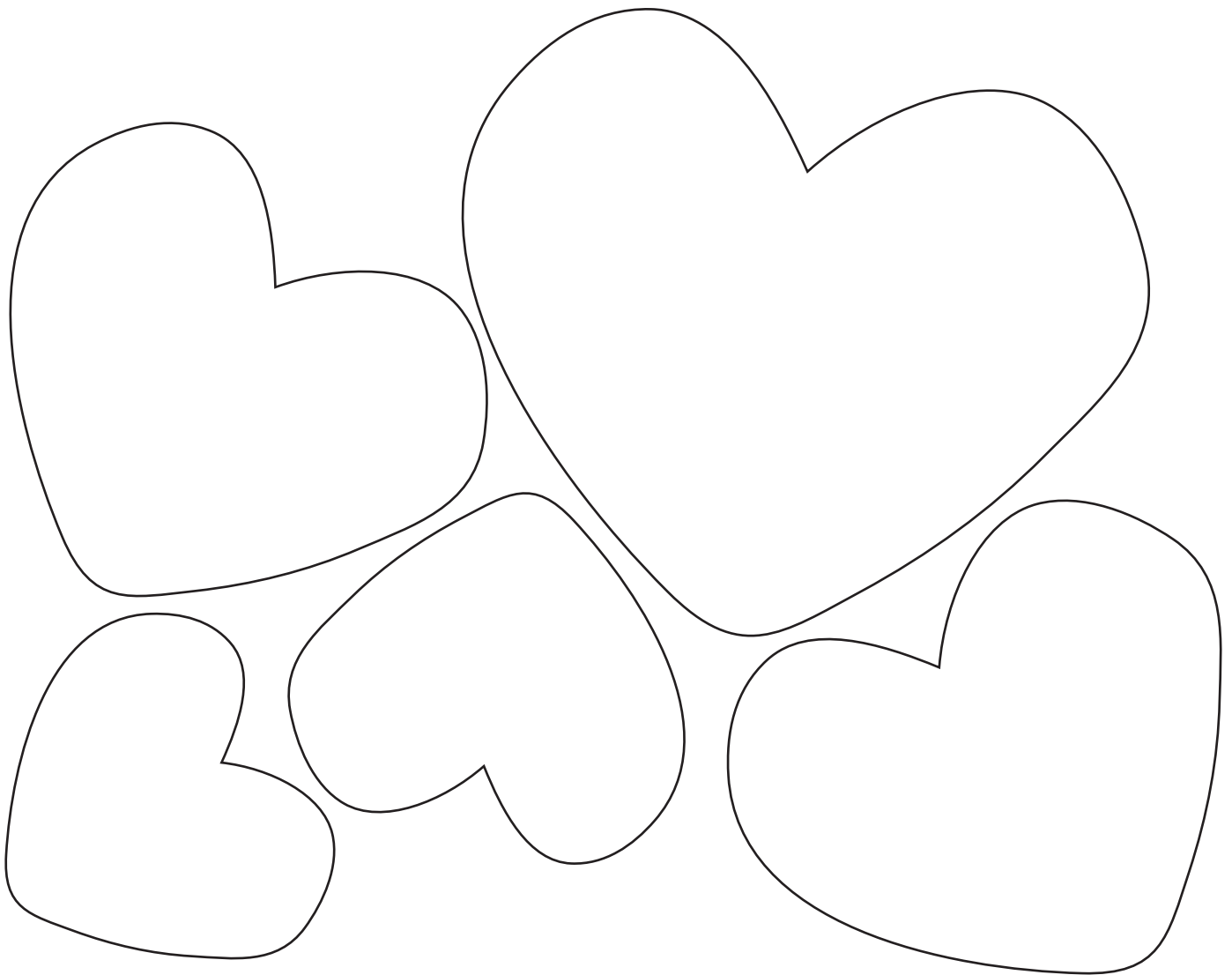
Display the hands in a place everyone can see. Before bed, look at the hands together and invite everyone to name one way they helped someone today. Try it in the morning too. Invite everyone to name one way they plan to help someone today.

Thankful Hearts

Take turns writing on these hearts. Then decorate or color them in any way you like.

On the hearts, write:

- *things you are thankful for
 - *things you love about each other
-



Try This!

Pocketful of Hearts Cut out more hearts from a separate sheet of paper, and then do the same thing you did above. Keep them in your pockets to remind you throughout the day...wherever you are!

It Takes a Village!

Whom do you rely on? Fill in the contact information for friends and family you can reach out to. Keep this page on the refrigerator so that you have important contact information when you need it.



If I feel down I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

If I need advice I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

If I need help with child care I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

If I need a good laugh I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____