

Play Worksheet

Make a list of the activities your child enjoys doing:

1.
2.
3.
4.
5.

Of these activities, is there one that you could have them teach you more about? It can be important to think about what types of behaviors that you have had in the past that either help or hurt during your interactions with your child. Some examples might be that it has been helpful when I ask about the rules before we start to play or when I compliment my child's creative idea and it's maybe hurtful when I ignore their idea or reject their idea. Make a list here:

<u>HELP</u>	<u>HURT</u>