

# Lifelong Skills Activity Calendar

Week	Day	Day	Day	Day	Day
Week 1	1	2	3	4	5
<p>Welcome to the Lifelong Skills Challenge! Each week will have activities focused on a specific topic to help you build lifelong skills.</p> <p>Topic: Self-Regulation</p>	<p>Powerful Practice:</p> <p>Practice what different emotions look like in the mirror with your child.</p>	<p>Playcard Practice:</p> <p>Flamingos (Playcards 33-34)</p>	<p>Powerful Practice:</p> <p>Put a weekly family chart of values on the fridge. Pick a value each week to talk about with your children.</p>	<p>Playcard Practice:</p> <p>London Bridges (Playcards 35-36)</p>	<p>Powerful Practice:</p> <p>Apologize to your child when you are wrong.</p>
Week 2	1	2	3	4	5
<p>Topic: Self-Management</p>	<p>Powerful Practice:</p> <p>Have a list of activities on the fridge that your child can turn to when feeling stressed. Practice <u>morning gratitude</u> with your child.</p>	<p>Playcard Practice:</p> <p>Monster Walks (Playcards 37-38)</p>	<p>Powerful Practice:</p> <p>Call out stress management strategies you see in pictures, books, or in real life. For example: deep breathing, journaling, or meditation.</p>	<p>Playcard Practice:</p> <p>Good Morning (Playcards 39-40)</p>	<p>Powerful Practice:</p> <p>Talk about self-discipline, patience, and what it should and shouldn't look like.</p>
Week 3	1	2	3	4	5
<p>Topic: Responsible Decision-Making</p>	<p>Powerful Practice:</p> <p>Find one time a day to ask about your child's day.</p>	<p>Playcard Practice:</p> <p>Inch worm (Playcards 41-42)</p>	<p>Powerful Practice:</p> <p>Ask your child how they would solve an issue and write down a game plan together.</p>	<p>Playcard Practice:</p> <p>Hershey Kiss Push-up (Playcards 43-44)</p>	<p>Powerful Practice:</p> <p>Set family guidelines for consequences and communicate what each means.</p>
Week 4	1	2	3	4	5
<p>Topic: Relationship Skills/Social Awareness</p>	<p>Powerful Practice:</p> <p>Volunteer as a family and have your child pick what kind of service they want to be a part of. Talk about <u>everything</u> and anything!</p>	<p>Playcard Practice:</p> <p>High Five Plans (Playcards 45-46)</p>	<p>Powerful Practice:</p> <p>Communicate "<u>I-messages</u>" with your child and model responding over reacting.</p>	<p>Playcard Practice:</p> <p>Fast Feet (Playcards 47-48)</p>	<p>Powerful Practice:</p> <p>When offering support, ask what kind of support your child is wanting. "Do you want me to listen or problem solve with you?"</p>