

Prep for holiday activities

Behavior term: Priming

We give as much relevant information beforehand to prepare our kids for what to expect.

BEFORE an event

Who

What

When

Where

How long

Options

WHY are we doing this activity?

Tell your kids the reason for this particular holiday activity or tradition.

You are modeling your own motivation for them and also compassion or empathy as you fill your schedule with things that matter to each family member or extended family.

Keep it short & sweet!

What is the exit strategy?

When you feel ____, you can ____.

overwhelmed, tired, over it, frustrated, tired, disappointed

Give them an out. What can they do to appropriately get a break from ALL the things happening at this event?

When I feel _____, I can:

- _____
- _____

When I feel _____, I can:

- _____
- _____

When I feel _____, I can:

- _____
- _____