



EMPOWERMENT EDGE COACHING
IGNITE YOURS



EMPOWERMENT EDGE COACHING

**KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK**



**Keep
Your
Cool
4-5**

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To be used in conjunction with:
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Management For Parents

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EMPOWERMENT EDGE COACHING
IGNITE YOURS

EXAMPLE SCHEDULES BY AGE

BABY

sample 1:

7am	Wake up for the day Eat Play
8:30am	Nap
10am	Wake Eat Play
11:30am	Nap
1pm	Wake Eat Play
2:30pm	Nap
4pm	Wake Eat Play
5-5:30pm	Cat nap
7pm	Bath Bedtime routine Eat
7:30pm	Bed Down for the night
10-11pm	Dreamfeed (if desired)
11pm-7am	Night feeds (as needed)

sample 2:

7am	Wake up for the day Eat Play
8:45am	Nap
10:30am	Wake Eat Play
12:15pm	Nap
1:45pm	Wake Eat Play
3:30pm	Nap
5pm	Wake Eat Play
7pm	Bath Bedtime routine Eat
7:30pm	Bed Down for the night
10-11pm	Dreamfeed (if desired)
11pm-7am	Night feeds (as needed)

2-3 YEARS

sample 1:

7am	Wake up for the day Eat Play
10am	Nap
11:30am	Wake Eat Play
2:30pm	Nap
4pm	Wake Snack Play
5:30pm	Dinner with family
7pm	Bedtime routine starts
7:30pm	Bedtime

sample 2:

7am	Wake up for the day Eat Play
10:30am	Nap
12pm	Wake Eat Play
3pm	Nap
4:30pm	Wake Snack Play
6pm	Dinner with family
7:30pm	Bedtime routine starts
8pm	Bedtime

EXAMPLE SCHEDULES BY AGE

3-4 YEARS

sample 1:

7am	Wake up for the day Eat Play
10am	Nap
11:30am	Wake Eat Play
2:30pm	Nap
4pm	Wake Snack Play
5:30pm	Dinner with family
7pm	Bedtime routine starts
7:30pm	Bedtime

sample 2:

7am	Wake up for the day Eat Play
10:30am	Nap
12pm	Wake Eat Play
3pm	Nap
4:30pm	Wake Snack Play
6pm	Dinner with family
7:30pm	Bedtime routine starts
8pm	Bedtime

4-5 YEARS

sample 1:

7:30am	Wake up Read Play
8:15am	Breakfast
12pm	Lunch
1:30pm	Nap
3pm	Wake up
3:15pm	Snack
5:45pm	Dinner
7:15pm	Get ready for bed
7:30pm	Reading with a parent
8pm	Bed

sample 2:

7:45am	Wake up Eat breakfast Get ready
8:30am	Activity lesson
9:15am	Park time
10am	Play time at home
12pm	Lunch
1:30pm	Nap time
4:30pm	Wake up Snack
6pm	Dinner
7:30pm	Bath
8pm	Bedtime routine Books Prayers
8:30pm	Bedtime

EXAMPLE SCHEDULES BY AGE

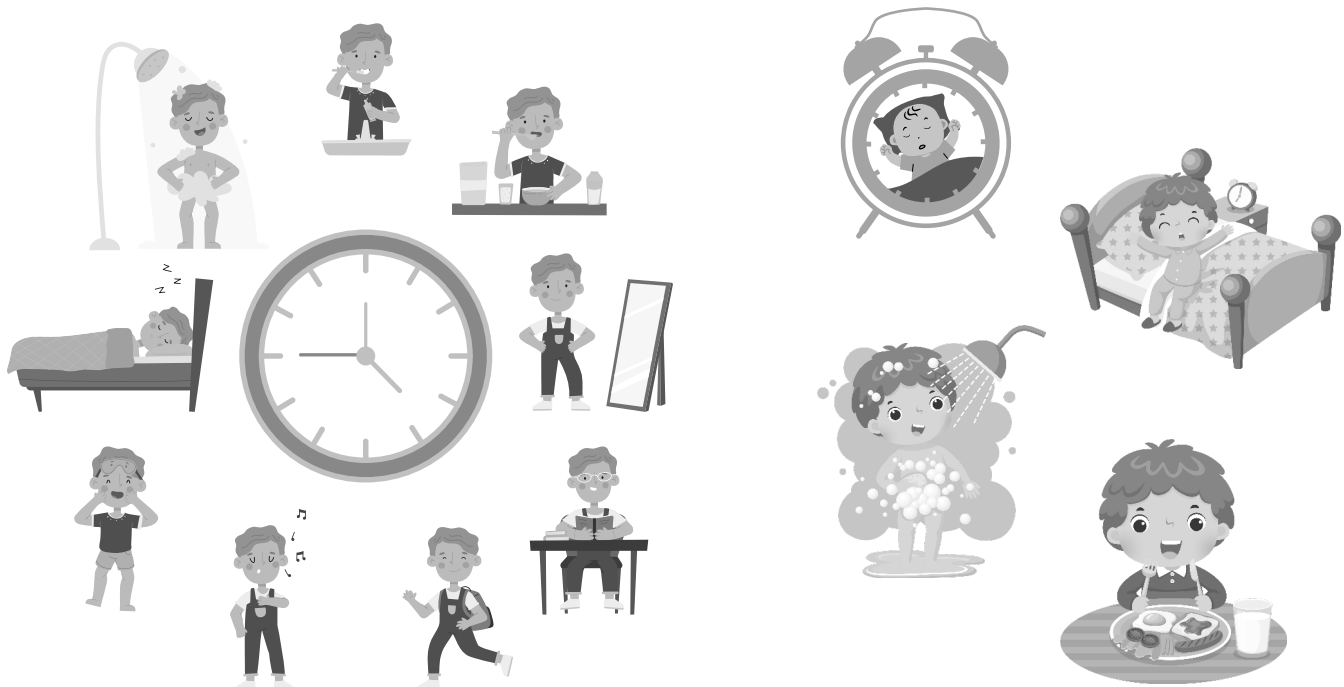
5-6 YEARS

sample 1:

7am	Wake up make bed Eat breakfast
10am	Independent play
12pm	Lunch
1pm	Rest time in room
3pm	Snack Free play
5:30pm	Dinner
6:30pm	Bath Stories Bedtime routine
7:30pm	Bed

sample 2:

6am	Wake up Make bed Get dressed
6:30am	Breakfast Chores
7:30am	Free play
9am	Screen time
10am	Independent play Snack
12:30pm	Lunch
1:30pm	Rest time in room (Nap if desired)
3pm	Snack Free play
5:30pm	Dinner
6pm	Bath Bedtime routine
7pm	Bed





YOUR DAILY SCHEDULE

TIME	ACTIVITY



YOUR DAILY SCHEDULE

TIME	ACTIVITY

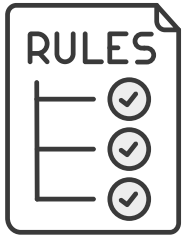


YOUR DAILY SCHEDULE

TIME	ACTIVITY

FAMILY RULES

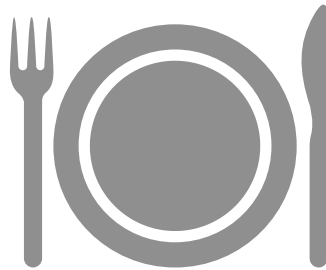
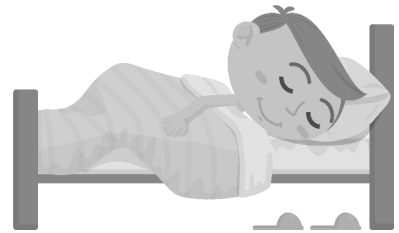
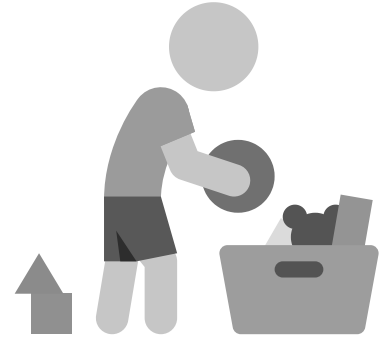
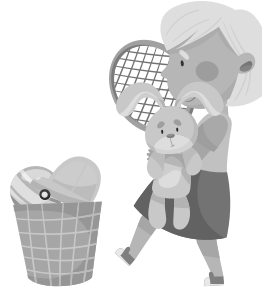
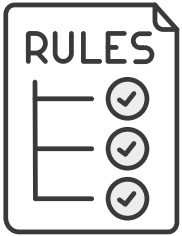
CUT OUT THESE PICS TO MAKE UP YOUR RULES SHEET ACTIVITY



THANKYOU

FAMILY RULES

CUT OUT THESE PICS TO MAKE UP YOUR RULES SHEET ACTIVITY





OUR FAMILY RULES

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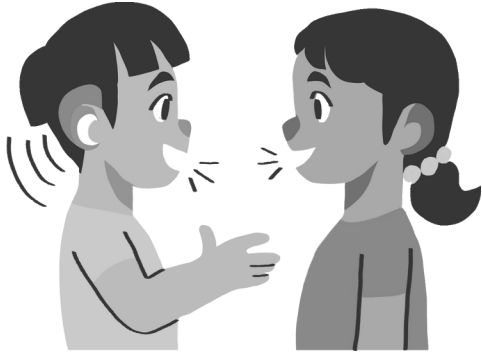
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Stickers
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FUN COMMUNICATION GAMES



Eye to Eye



**Listen and wait
for your turn**



**Inside voice,
no shouting**



**Timing is
everything**

FUN COMMUNICATION GAMES

1. GUESS THE OBJECT

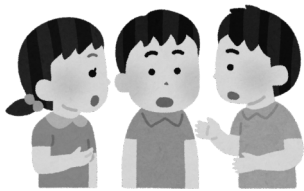


Place an object in a bag and give clues to help your child guess what it is.

For example, if you are hiding a spoon, you could say: “It’s small.” “It’s silver.” “It’s a tool we use to eat food.”

After modeling how to play, let your child pick an object to hide. Then, ask them questions until you guess correctly!

2. TELEPHONE



This is a classic game from childhood! It’s best to play with 3 to 5 people, so you can get the whole family involved. Have everyone stand in line. Start with an easy sentence, like “The ball is red.” Whisper the sentence into your child’s ear without letting anyone else hear. Then your child must whisper it to the person next to them. The last person in line gets to say the sentence out loud.

3. SHOW AND TELL



Gather the whole family together for “Show and Tell.” Each family member needs to pick out a favorite item from their room. One of the adults should go first to model how to play. Show off your favorite item and explain why you love it so much, where you got it, and how it works. After modeling how to play, let your child go up and deliver their speech

4. PICTURE STORYTELLING



This is a great activity to teach children new vocabulary words and sequencing. Start with one photo and have your child tell you everything they see. For example, if it’s a farm photo, they might say: barn, cat, farmer, pig, straw, cow. Then, have your child invent a story about what they see in the picture. You can help prompt them by saying, “The farmer brings food to the animals in the barn” or “The cat is unhappy because she has to share her food with the pig.” Encourage your child to be silly and let their imagination run wild!

FUN COMMUNICATION GAMES



5. CHAIN-LINK STORY

This is a fun game that encourages creativity and quick thinking! Grab a ball and sit in a circle.

Start off the story by saying something like,
“once upon a time there was a baby dinosaur...”

Then, pass the ball to someone new and have them add to the story. Keep passing the ball and adding to the story until it comes to an end!



6. CHARADES

“Charades” is a family favorite and a great way to teach kids nonverbal communication. Write down a bunch of different emotions and place them in a bowl. If your child cannot read yet, you can draw the emotions (and help them act when it’s their turn). Each player must grab a piece of paper from the bowl and act out what it says... without speaking!

Then, the rest of the players must guess what the emotion is



7. TEN QUESTIONS

This game helps strengthen kids’ critical thinking and problem-solving skills. One person must think of an animal, but they can’t tell anyone what it is. The other players have 10 chances to ask questions about the animal in order to figure out and guess what it is! For example, players might ask: “Does it have a tail?”

“Does it live in the ocean?” “Does it have fur?”



8. EXACT INSTRUCTIONS

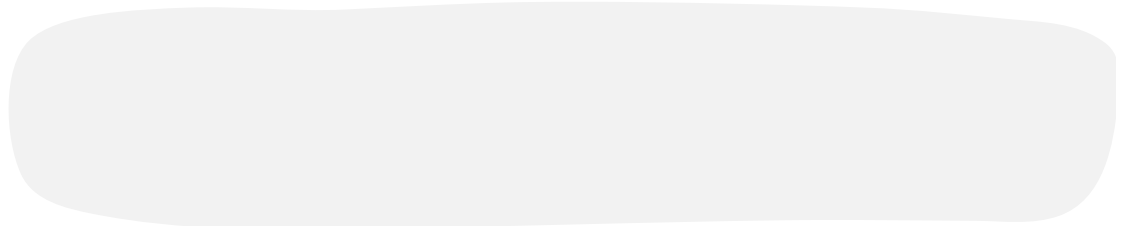
This game is bound to make your child laugh and sigh in frustration! It’s a great way to practice clear and effective communication. Tell your child that you want to make a peanut butter and jelly sandwich, and you need them to tell you how. Set out all the ingredients you need: bread, peanut butter, jelly, a knife, and a plate. Do the literal action that your child tells you. For example, if they say “put the peanut butter on the bread,” place the whole jar of peanut butter on the bread. Then, prompt them to give you clearer instructions. They might say, “spread the peanut butter on the bread.” In this case, maybe stick your fingers in the jar and spread it on the bread with your hands!



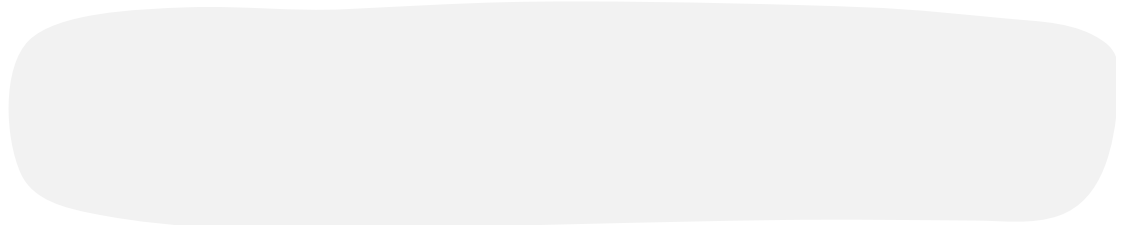
MUST DO LIST



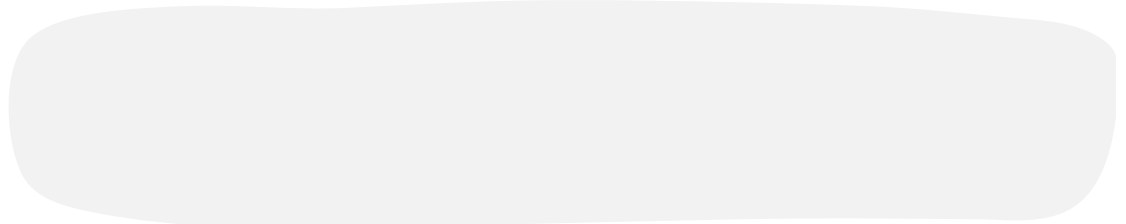
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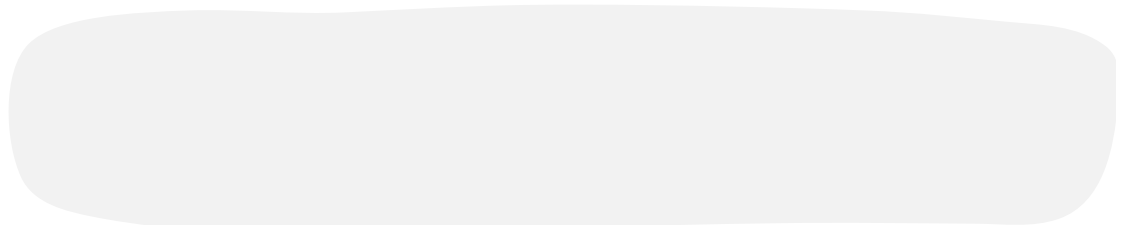
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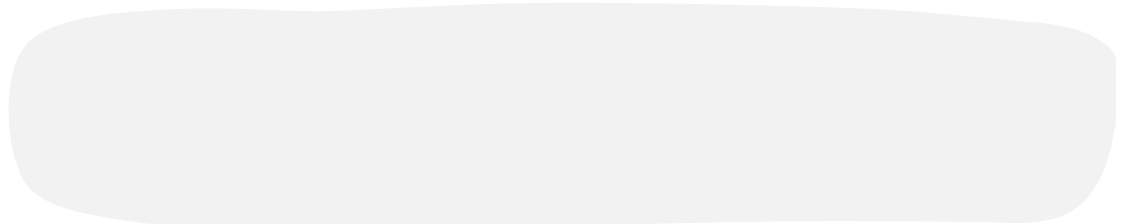
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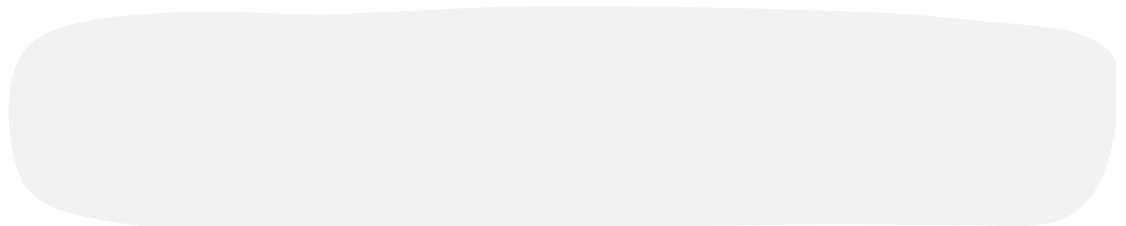
4



5



6





CAN WAIT LIST



1

2

3

4

5

6



EMPOWERMENT EDGE COACHING
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EMPOWERMENT EDGE COACHING

**KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK**



**Keep
Your
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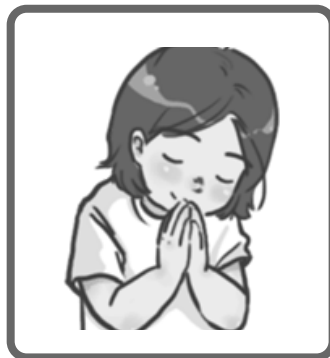
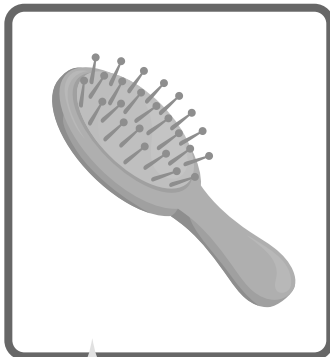
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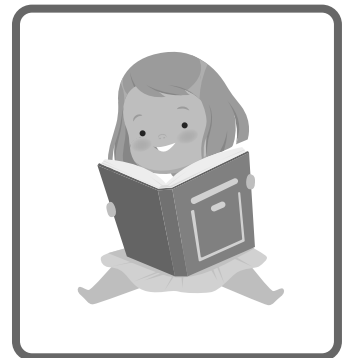


EMPOWERMENT EDGE COACHING
IGNITE YOURS

MY CHECKLIST



MY CHECKLIST



MY CHECKLIST

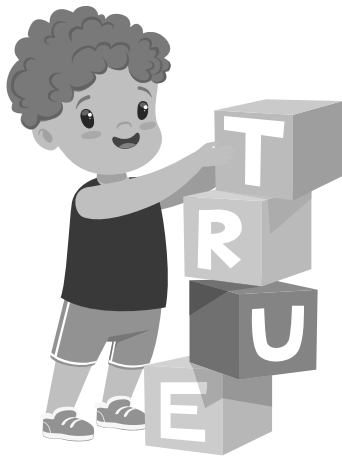
			
			
			

MY CHECKLIST

OUR VALUES

INTEGRITY



BEING HONEST AND STAYING
TRUE TO WHAT IS RIGHT

HEALTH



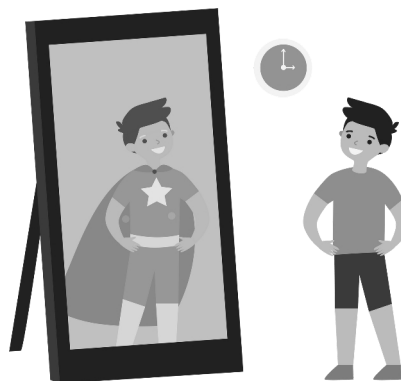
CARING FOR THE WELL-
BEING OF OUR BODY

CURIOSITY



SEEKING TO UNDERSTAND
THE WORLD AROUND US

SELF- COMPASSION



GIVING OURSELVES THE
SAME KINDNESS AND CARE
TO WHAT WE GIVE TO
OUR FRIENDS

OUR VALUES

KINDNESS



BEING GENTLE AND
CONSIDERATE OF THE NEEDS
OF OTHERS

PERSISTENCE



CONTINUING DESPITE
DIFFICULTIES

RESILIENCE



STAYING STRONG AND FLEXIBLE
DURING CHALLENGES

RESPONSIBILITY



BEING ACCOUNTABLE TO
OUR ACTIONS

OUR VALUES

MINDFULNESS



SLOWING DOWN AND
PAYING ATTENTION TO
THE WORLD

LOVE



CONNECTING AND
SHARING LOVE WITH
EACH OTHER

COMMUNITY



CARING FOR THOSE
AROUND US

FUN



FINDING JOY IN OUR
ACTIVITIES

OUR VALUES

FORGIVENESS



FEELING AT PEACE ABOUT
THE ACTION OF OTHERS

COURAGE



TRYING - EVEN IF WE
ARE UNSURE OR AFRAID

GROWTH



DEVELOPING OUR SKILLS
AND ABILITIES

CREATIVITY



GENERATING NEW
POSSIBILITIES WITH
OUR IDEAS

OUR VALUES

RESPECT



CARING FOR THE WELL-
BEING OF OTHERS

SELF-CONTROL



MANAGING OUR
EMOTIONS ACTIONS AND
DESIRE

SELF-LOVE



BELIEVING THAT WE ARE
VALUABLE AND ENOUGH
JUST AS WE ARE

PURPOSE



DISCOVERING WHAT GIVE
OUR LIVES MEANING

OUR VALUES

CONTRIBUTION



SHARING OUR SKILLS WITH
THOSE AROUND US

SAFETY



STAYING FREE OF HARM
OR DANGER

GENEROSITY



WILLING TO SHARE WITH
OTHERS

ACCEPTANCE



BEING OPEN TO THINGS
WE DISLIKE IN
OURSELVES AND OTHERS

INTENTIONS

INTENTION	RATING 1-5 (5 HIGHEST)

INTENTIONS

INTENTION	RATING 1-5 (5 HIGHEST)



EMPOWERMENT EDGE COACHING
IGNITE YOURS



EMPOWERMENT EDGE COACHING

**KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK**



**Keep
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EMPOWERMENT EDGE COACHING
IGNITE YOURS

SELF CARE IDEAS



SELF CARE IDEAS



30 DAYS OF GRATITUDE

DAY 01

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 01.

DAY 09

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 09.

DAY 02

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 02.

DAY 10

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 10.

DAY 03

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 03.

DAY 11

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 11.

DAY 04

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 04.

DAY 12

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 12.

DAY 05

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 05.

DAY 13

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 13.

DAY 06

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 06.

DAY 14

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 14.

DAY 07

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 07.

DAY 15

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 15.

DAY 08

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 08.

DAY 16

A light gray rectangular box with a subtle drop shadow, intended for writing a gratitude entry for Day 16.

30 DAYS OF GRATITUDE

DAY 17

DAY 24

DAY 18

DAY 25

DAY 19

DAY 26

DAY 20

DAY 27

DAY 21

DAY 28

DAY 22

DAY 29

DAY 23

DAY 30



Gratitude.

AFFIRMATIONS FOR SELF

- **I am strong, capable and resilient**
- **I accept the things I cannot change**
- **My thoughts are like passing clouds; I can let them come and go**
- **I have the power to distance myself from unhelpful thoughts**
- **I am safe**
- **I embrace uncertainty**
- **Whatever happens, I'll handle it**
- **It's okay to slow down**
- **I let go of the need for perfection**
- **I am worthy of peace and happiness**
- **I accept and allow this feeling**
- **I cannot read people's minds**
- **I cannot predict the future**
- **I've handled this feeling before and I'll handle it again**
- **I choose to be proactive, not reactive**
- **My thoughts may be negatively biased and that's okay**
- **I am in control of my reactions to my thoughts**
- **I release the need to control everything**



SELF-CARE PLANNER

ACTIVITY

POSITIVE SELF-AFFIRMATION

THINGS TO BE THANKFUL

SELF REMINDER



SELF-CARE PLANNER

ACTIVITY

POSITIVE SELF-AFFIRMATION

THINGS TO BE THANKFUL

SELF REMINDER



SELF-CARE PLANNER

ACTIVITY

POSITIVE SELF-AFFIRMATION

THINGS TO BE THANKFUL

SELF REMINDER

AFFIRMATIONS FOR SELF

MY DAILY WINS



AFFIRMATIONS FOR SELF

MY DAILY WINS

