



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:
**Keep Your Cool With Your Kids - Anger
Management For Parents**

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EMPOWERMENT EDGE COACHING
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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

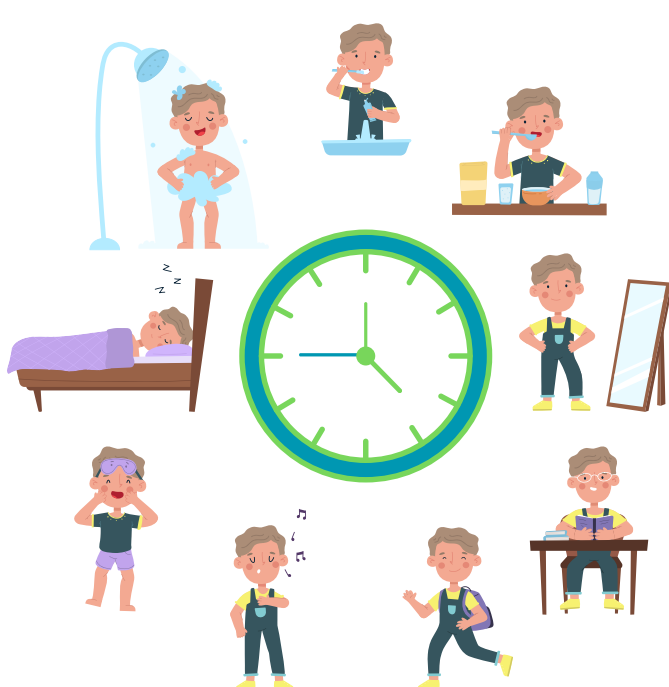
5-6 YEARS

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

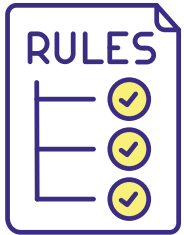


YOUR DAILY SCHEDULE

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



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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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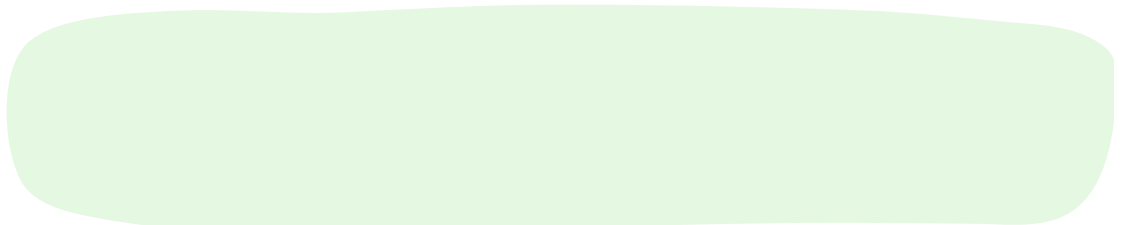
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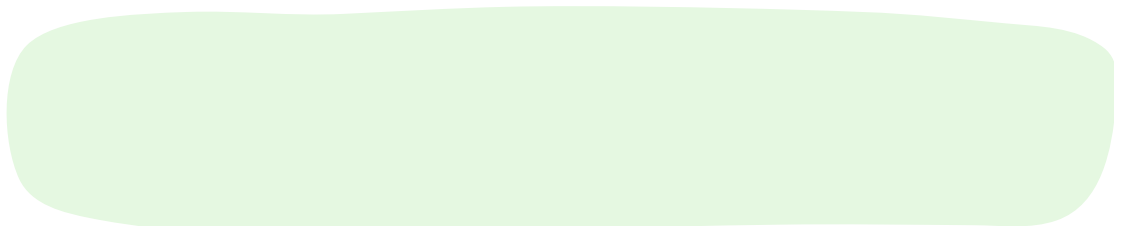
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6





CAN WAIT LIST



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