
Table of Contents: Children’s Sessions

Overview	1
Session One	Orientation: Me and My Family	2
	Orientation; Hello Time: Me and My Family; Brain Gym Activity; Circle Time/Puppets: Rules for the Program; Large Motor Activity: Simon Says; Art Time: Self and Family Pictures; Story Time: <i>“Alexander and the Terrible Horrible No Good Very Bad Day”</i> ; Program Family Time: Walking Together Through the Changes of Time; Home Family Time: Create a Family Motto and Vision	
Session Two	Accepting Differences, Comfort and Calming	18
	Hello Time: Where is?; Brain Gym Activity; Circle Time/Puppets: VIPS, Accepting Differences; Large Motor Activity: Dance; Art Activity: Stress Hands; Story Time: Trip to the Ocean; Program Family Time: Family Motto and Vision; Home Family Time: Attachment Activity, Sensory Kit	
Session Three	Feelings: Understanding Change	30
	Hello Time: Feeling Meter; Brain Gym Activity; Circle Time/Puppets: Understanding Change; Large Motor Activity: Working Together; Art Time: Medical Supplies Picture; Story Time: <i>“The Sick Bunny”</i> Program Family Time: Row, Row, Row the Boat; Home Family Time: Recognizing Strengths	
Session Four	Praise and Self-esteem	43
	Hello Time: Self Praise; Brain Gym Activity; Circle Time/Puppets: Praise and Criticism; Large Motor Activity: Praise Board Toss; Art Time: Warm Fuzzies and Cold Pricklies; Story Time: <i>“The Wonderful Children”</i> – Self Creation; Family Time: Praise Toss	
Session Five	Personal Power & Independence	57
	Hello Time: Loud and Soft; Brain Gym Activity; Circle Time/Puppets: Personal Power; Large Motor Activity: Hokey Pokey and Body Bubble; Art Time: Power Painting; Story Time: <i>“The Piggy in the Puddle”</i> by Charlotte Pomerantz and James Marshall and other silly stories; Family Time: Planting a Garden	
Session Six	Body Ownership	70
	Hello Time: I Own My Body, Following Rules; Brain Gym Activity; Circle Time/Puppets – Protecting Myself; Large Motor Activity: Red Light, Green Light; Art Time: Body Tracing; Story Time: Nurturing Game; Family Time: Fun with Shaving Cream	
Session Seven	Health and Healing	80
	Hello Time: How Do I Feel?; Brain Gym Activity; Circle Time/Puppets: Coping with Loss; Large Motor Activity: Obstacle Course; Art Time: Hope on a Rope; Story Time: Visualization; Family Time: Traditions	

Session Eight	Feelings: Understanding and Expressing Anger	92
	Hello Time: Feelings Silhouettes; Brain Gym Activity; Circle Time/Puppets: Feelings and the “Angry Puppet”; Large Motor Activity: Feeling Song; Art Time: Anger Masks; Story Time: “ <i>The Grouchy Ladybug</i> ” by Eric Carle; “ <i>I Know I Made it Happen</i> ” by Lynn Blackburn; Family Time: Feelings Song	
Session Nine	Brothers, Sisters and Friends.....	103
	Hello time: Where is _____?; Brain Gym Activity; Circle Time/Puppets: Brothers, Sisters, and Friends; Large Motor Activity: Trade Places Game; Art Time: Hand Wreath/Working Together; Story Time: Ask it, Tell it Game; Family Time: Brain Gym and Touchstones	
Session Ten	Expressing Worry and Stress	114
	Hello Time: Playdoh Expression; Brain Gym Activity; Circle Time/Puppets: Stress and Solving a Problem; Large Motor Activity: Dancercise; Art Time: Worry Dolls; Story Time: <i>Wemberly Worried</i> by Kevin Henkes; Family Time: Humor	
Session Eleven	Communication.....	126
	Hello Time: Animal Talk; Brain Gym Activity; Circle Time/Puppets: I Statements, You Messages; Large Motor Activity: Fishing for Feelings; Art Time: Self Portraits; Story Time: <i>Knuffle Bunny</i> by Mo Willems; Family Time: Marble Painting	
Session Twelve	Saying Good-Bye; Celebration	137
	Hello Time: Strength Bombardment; Brain Gym Activity; Circle Time/Puppets: Saying Good-bye; Art Time: Family Portrait; Family Time: People Power and Celebration	