



## Showing Appreciation and Love

### 1

### Practicing Appreciation

**Step 1:** *See the Good*

**Step 2:** *Share the Good*

**Step 3:** *Share the Why*

Some benefits of using the three practicing appreciation steps may include:

- Increased motivation and growth
- Increased creative thinking,
- Experiencing more positive and trusting relationships,
- Boosted confidence and self-esteem
- More ability to support others to see their strengths and skills,
- Experiencing more appreciation from others through modeling and a cycle of appreciation, and
- More ability to appreciate your own strengths and skills.



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## Thank You! Thank You! Thank You! Cards

*What my child/I liked best about this activity:*

*Ways this activity impacts my child's development and strengthens their relationship with me:*

*I used The 4 Me's™ when:*

### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Connect With Me** skills by having back-and-forth conversations and putting their feelings into words.
2. Partner with or think about your child as you create thank you cards by cutting cardstock sheets in half and then folding them. Inside each card, write specific thank you messages to your child, family members, or other people in your life.

As you create cards with your child, you **MIGHT**:

- » Talk to your growing baby about what you love or imagine you will love about them once they're born,
- » Create a card for your infant thanking them for something you love about them or imagine you'll love about them. Read it out loud, being present to watch and listen to how they engage with you,
- » Enjoy back-and-forth conversations with your toddler about colors and simple shapes as you decorate the cards,
- » Encourage your child to count the cards and stack them into piles of two to three, or
- » Invite your child to help you decide how to deliver the messages.

