



Living in a Multigenerational Family

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I'm Grateful For

- *I am grateful for my family because:*
- *I am grateful that my family is involved in my child's life because:*
- *My child is grateful for their family because:*



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Our Family Rocks

What my child/I liked best about this activity:

Ways I can support my child to keep the play going:

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 can practice **Encourage Me** by pointing out your child's efforts and encouraging them to keep going with a task if they become frustrated.
2. Find small or medium-sized rocks or stones. If you don't have one available, you can use blank pieces of paper. Decorate the rocks OR pieces of paper with your available art supplies. Once the rocks or pieces of paper are dry, write your family name or a word on it to remind you and your child to reflect and have a moment of gratitude.

As you and your child decorate the rock or piece of paper, you **MIGHT**:

- » Connect with your growing baby by placing the rock or piece of paper in a place where it will remind you to share your daily gratitude with your baby,
- » Have back-and-forth interaction with your infant about your gratitude as you complete this activity and decide which word to write on the rock or piece of paper,
- » Encourage your toddler by acknowledging their efforts as you help them count the number of rocks or decorate the rock/paper using the art materials you have available, or
- » Spell out the word you're adding to the rock or piece of paper to increase your child's awareness of letters and sounds.

