

Sloth

Resource Guide

Sloth's stories reinforce the importance of learning and practicing routines as well as taking care of oneself. Children who participate in routines feel more secure and confident taking on responsibilities and taking appropriate risks.

Key Themes

Routines

A sequence of events or actions to follow throughout the day or activity

Healthy Boundaries

Identifying your own limits and standing up for yourself when you need to

Self-Care

Taking care of our needs to improve our well-being and health

Coping Skills

We can learn ways to get through hard times and big feelings

Relaxation

Calming our bodies when it is time to rest and relax

Discussion Questions

When are some times in your day when it would be helpful to rest or relax?

Bedtime, nap time, reading time, lunchtime, etc.

What is your routine in the morning (before school)? What is your routine for bedtime?

Before school example: Wake up, get dressed, eat breakfast, brush teeth, put on coat and backpack, etc. Bedtime example: Take a bath, brush teeth, put on pj's, read a story, etc.

Activity

Draw our or make a checklist of the steps of your morning/evening routine.

Caregiver Note: After each step of the routine, check in with your child about what they've accomplished, then discuss what will come next. Notice if the routine schedule positively impacts your child's ability to complete the routine with more ease and/or independence.

Affirmation

I am cared for and loved by me and by you.