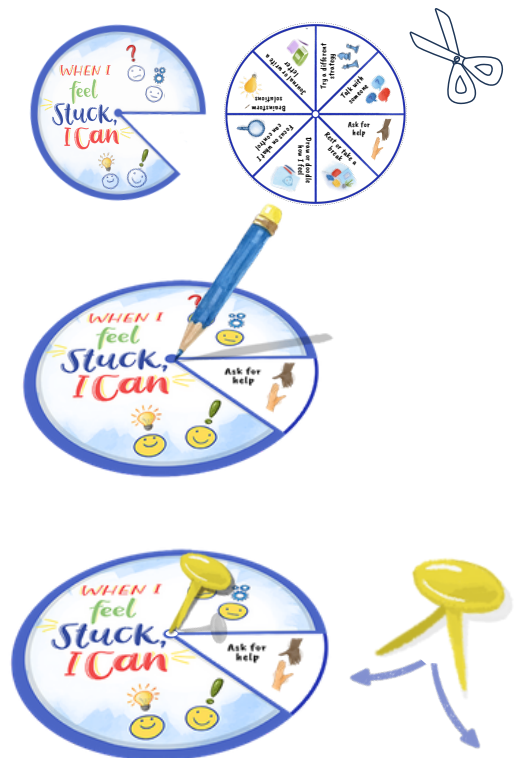


My GETTING UNSTUCK Spinner

HOW TO MAKE

- 1** Cut out the wheels on pages 2 and 3. Cardstock paper works really well.
- 2** Poke small holes in the centre of each wheel with a sharp pencil. Only poke enough to puncture the paper so you don't have a large hole.
- 3** Place the "When I Feel Stuck, I Can" wheel on top of the prompts wheel. Push the brad fastener in the centre of both wheels, flip around and spread the brad prongs apart to secure.



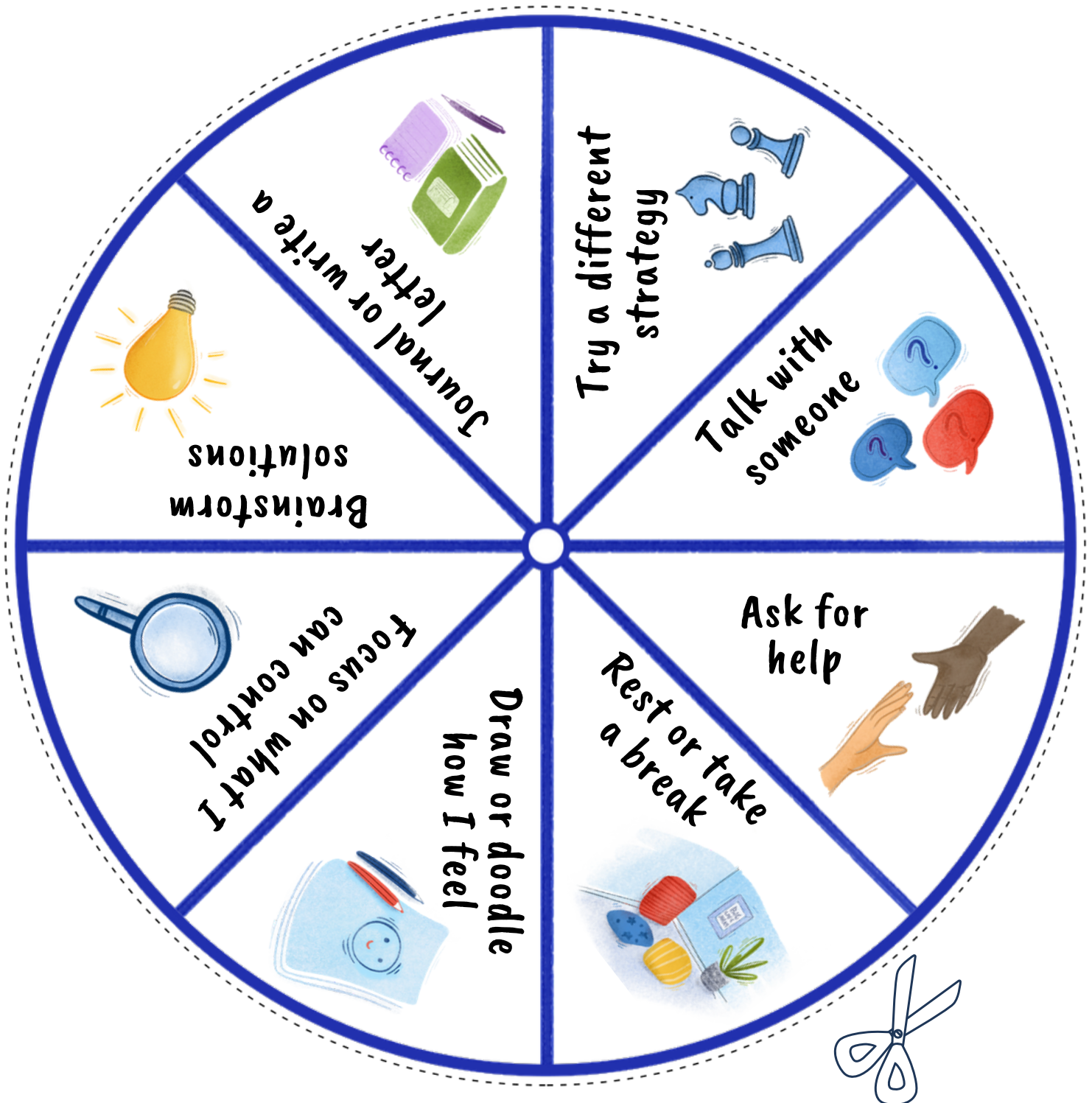
HOW TO PLAY

When you're feeling stuck, spin the bottom wheel and try the strategy. If needed, spin again to try another one!

My GETTING UNSTUCK Spinner



My GETTING UNSTUCK Spinner



HOW TO

EMPOWER CHILDREN

WHEN THEY STRUGGLE

Big Life Journal

1 LISTEN AND EMPATHIZE

Practice listening when your child vents to you about a problem.

- Provide **choices**
- **Validate** your child's feelings
- Ask your child **open-ended questions**
- **Prompting** with questions like,
- You can also **ask**, "What do you need from me?"

"What do you think would happen if you tried _____?"

2 MODEL THE ATTITUDE YOU WANT TO SEE

Practise listening when your child vents to you about a problem.

- Use **phrases** like, "This is hard. I need a break," or, "This is hard. I'm going to keep trying."
- **Ask** your child to help you brainstorm solutions.
- **Avoid** expressing negative opinions of yourself or making comments like, "I can't do this."
- Focus on the **positive**. Was a lesson learned? Did you improve? Did you overcome the struggle--and how great did it feel?

3 BUILD UP CONFIDENCE WITH AGE-APPROPRIATE TASKS

Boost your child's feelings of confidence and capability by allowing him to do age-appropriate tasks on his own.

GETTING DRESSED

MAKING THE BED

PICKING UP TOYS

PREPARING FOODS LIKE CEREAL OR TOAST



4 REMIND THEM OF PAST STRUGGLES AND ACCOMPLISHMENTS

Remind your child of tasks that were once difficult and became easier with time.

WHAT ARE YOUR CHILD'S STRENGTHS?

HOW DID HE GROW THESE STRENGTHS?



5 TEACH PROBLEM-SOLVING SKILLS

Teach a simple process like the following:

- **Step 1:** What am I **feeling**?
- **Step 2:** What's the **problem**?
- **Step 3:** What are the **solutions**?
- **Step 4:** What would **happen if...**?
- **Step 5:** What will I **try**?

6 KNOW WHEN TO LEND A HAND

Step in when:

- There is a **safety concern**.
- When a task that is **not developmentally appropriate**.
- A **skill(s) needs to be learned** before your child can succeed.
- Your child has tried multiple strategies and persevered, but is **still struggling**. In this case, offer guidance and help. Then, discuss what your child learned and praise the effort/progress.