

January

What you do today can improve all your tomorrows.
-Ralph Marston

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				3	4 Watch movie	5 Talk about skill & movie
6	7 Color sign	8	9 Read story	10 Ask about story	11	12 Check in at bedtime
13	14 Pick power statements	15 Say statements together	16	17 Read story	18	19 Ask about story
20	21	22 Read story	23 Ask about story	24	25 Choose challenge	26
27	28	29 Ask about challenge	30	31 Review month		

Skill of the Month:

Confidence

Make a Plan

Use this calendar to make a plan for the month. Look at the activity summary sheet or the webpage for ideas of activities and discussion questions. Schedule a time for some or all of the following events:

- Choose an **introduction activity**. Maybe a movie.
- Summarize the skill**. What is it and what does it look like?

- Use the Skill of the Month Sign**. Decorate it and find a place to hang it up.
- Choose **power statements** and decide how you will say them.
- Follow up** (a few times) on how it's going with power statements.
- Pick times for a few more **activities**. At least once a week is a good idea.

- Follow up** on each activity.
- Choose a challenge**. It's good to bring this up after a few activities and conversations.
- Check in** about the challenge.
- At the end of the month **summarize and review**. What were the highlights? What were the struggles? How will this skill keep helping you? How do you plan to keep working on it?