



## Building Rituals

### Session Two: Thinking CALM

#### Introduction

Transitions can be complicated, but planning rituals around them doesn't need to be! When we think CALM and plan simple rituals that meet our children's need for Companionship, Action, Language, and Mindfulness, we make the process of moving from one activity to another much less challenging.

#### Question

Refer to your notes from the last session and take a look at the sample categories below. How do the connection methods you notice your kids requesting fit into the CALM categories?

#### Invitation

On the next page, write down any observations you've made about any behavioral patterns. You may use the example below if you think you would find it helpful.

### Example: Categories of Calm

#### Companionship

*Read a book  
before school*

*Watch a show  
together after  
school*

#### Action

*Take off our  
shoes when we  
come home*

*Feed the cat  
together*

#### Language

*Sing the clean-  
up song together*

*Put on the same  
music on while  
cooking dinner*

#### Mindfulness

*Put away my  
phone*

*Kneel down to  
my child's level  
when listening*

## Session Two : Notes

How do the connection methods you already use fit into the CALM categories?

Feel free to take notes here.

