



Video Session Three: Here and Now

Introduction

By layering connection methods that allow us to “do together, be together, say together, and stay together” during transitions, we can build a ritual that’s simple enough to repeat every day. It’s time to build your own CALM recipe!

Question

Look at the example here. What time of day might work best for your family to share the pieces of their day that they want to remember?

Invitation

Over the next few days, experiment with starting a daily remembering ritual. Take a few minutes and ask those present in the room about to share one memory from their day. What makes it special to them? Does their memory relate to someone else’s?!

Sample: Sharing Time

It can be overwhelming to find time to add any sort of ritual to our day. Naming some possible opportunities can help!

When could your family take a few moments to reflect on your memories of the day?

Option 1: At snack time after daycare

Option 2: During dinner

Option 3: At bedtime

Session Three: Notes

How could you make time to try a reminiscing ritual? What might it look like?

Take notes here.

