



Video Session Three: A CALM Ritual

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

Refer to the notes you’ve made over the course of these sessions and take a look at the CALM ritual recipe fill-in-the-blank shown here. What connection methods could you use to build your own CALM ritual?

Invitation

If and when the time feels right, experiment with using your CALM ritual recipe around a transition that has been difficult.

Sample: A Calm Ritual Recipe

To write your recipe, answer the questions below.
To use it, follow the CALM steps in order!

How will I show my child show COMPANIONSHIP? We'll watch a favorite show every day after school

Which ACTION can we “do together”? After the show, we'll feed the dog together

What LANGUAGE will we use? After we feed the dog, we'll tell her it's dinnertime

How will I demonstrate a spirit of MINDFULNESS? I'll put my phone away during the ritual

Session Three: Notes

Which connection elements could you use to make your own CALM recipe?
When could you use it? Feel free to take notes here.

