



***I Love You Rituals*[™] Teddy Bear Activity Board**

Create an *I Love You Rituals* Teddy Bear Activity Board with twelve ritual choices to connect with your children and help them develop decision-making skills.

You will need

- *I Love You Rituals* squares (template on page 2)
- *I Love You Rituals*
- Piece of poster board
- Scissors
- Permanent marker
- Self-adhesive velcro
- *Songs for I Love You Rituals* Volume 1 and/or Volume 2 is helpful, but not necessary

Instructions

Step 1: Draw, cut out, decorate and laminate a teddy bear or other snuggly shape on the poster board.

Step 2: Laminate and cut out the *I Love You Rituals* squares (template on page 2).

Step 3: Write child(ren)'s name(s) on individual blank squares and laminate.

Step 4: Attach the loop side of the Velcro to the squares.

Step 5: Attach the fuzz side of the Velcro to the teddy bear in a long stripe across the belly, and a shorter stripe over the heart.

Usage

First, you should be familiar with the *I Love You Rituals* printed on the squares. Having *Songs for I Love You Rituals* Volume 1 or Volume 2 on hand will also be helpful.

Place all of the *I Love You Rituals* squares on the velcro line across the belly of your teddy bear. Then place the name square for the child you are working with on the teddy bear's heart. Then, encourage the child to choose the ritual that they want to use by placing the ritual square on the teddy bear's heart beside his or her name. This simple choice will help to develop the child's decision-making abilities, and creates a calming visual reminder of the rituals that help you form lasting connections. Once the child has chosen the ritual, perform it together with love and well-wishing in your heart.





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Snuggle Up



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Wonderful Woman



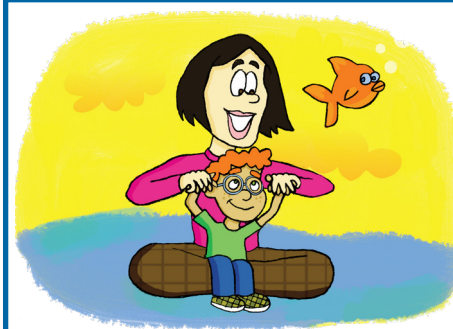
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Twinkle, Twinkle



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Humpty Dumpty



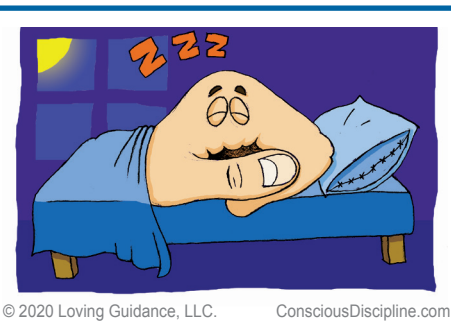
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Row, Row, Row



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Georgie Porgie



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Your Fingers are so Sleepy



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Peter, Peter



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Dancing Hands



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Little Miss Muffet



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Five Little Babies



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Here's the Bunny