

3. Describe a daily routine, ritual, and artifact that you either currently do within your family or have thought about adding to your family?

4. What are some routines, rituals, and artifacts that you can recall from your own childhood and what did they mean to you?

5. Please describe at least one thing that stood out to you in the handouts/articles provided.

Class 5 Homework

Empowering Strategies

Name: _____

1. Physiological empowerment strategies aim to meet physiological needs such as nutrition, touch, physical activity, sleep, and hydration. Based on what you learned in class, what are some little things you can do in your life to incorporate being able to meet these needs for a child currently in your home, or a child who may be in your home in the future?

2. Describe your understanding of how we can empower children to help them learn to self-regulate through co-regulation?

3. Describe a daily routine, ritual, and artifact that you either currently do within your family or have thought about adding to your family?

4. What are some routines, rituals, and artifacts that you can recall from your own childhood and what did they mean to you?

5. Please describe at least one thing that stood out to you in the handouts/articles provided.