

## Video

**Watch:** [Jelly, Ben, and Pogo-Say It With a Song](#)



## Activity

### I Can Set Goals!

#### Materials:

- Paper
- Markers
- Scissors

#### Directions:

- Talk with your child about a goal, like potty training or sleeping in their own bed.
- Write an "I can" statement on a large paper (e.g., "I can sleep in my own bed") and draw three circles below it.
- Each time they achieve the goal, let them color in one circle.
- After all three circles are filled, celebrate together by doing something special!
- Then, make a new chart with more circles for the same goal. Once the goal is routine, choose a new one to work on.

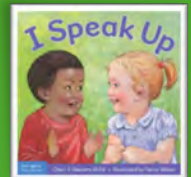


## Caregiver Tips

- Encourage your child with positive comments like, "You're working so hard!" or "You're so close!" Talk about any struggles, reassuring them that it's okay to feel frustrated.
- Remind them that goals take time and practice, and the importance of celebrating small accomplishments along the way.
- Create a book of your child's accomplishments from the past year. Look through it together and talk about how much they have grown. Make a new book each year!

## Book

**Read:** *I Speak Up* **Author:** Meiners & Weber



## Play:



## Game

\*Download the **PBS KIDS Games App** to play offline.

## Extended Activities

- Model kindness and generosity when interacting with others - your child is watching!
- Help your child express their feelings and thoughts.
- Give your child time to think and problem-solve before intervening.
- Act out scenarios and ask, "If \_\_\_\_ happens, what do you think will happen?" to teach about decisions and consequences.