

# Connect Your Way Throughout the Day with I Love You Rituals

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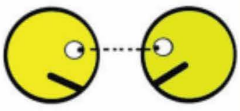
## Why Connection Is Important:

- ♥ Connections on the outside (with other people) build neural connections on the inside.
- ♥ Connection wires the brain for impulse control and willingness.
- ♥ Face-to-face connection is the key to cooperation.
- ♥ Relationships are the foundation to all learning.
- ♥ All willingness is governed by relationships.
- ♥ Rituals soothe the lower centers of the brain and produce a calming effect.

## What Does Connection Look Like?

### ♥ INGREDIENTS OF CONNECTION ♥

#### ♥ Eye Contact



#### ♥ Touch



#### ♥ Presence



#### ♥ Playful Situation



## STEP 1: Practice *I Love You Rituals*™

- ♥ The goal of *I Love You Rituals* is connection.



#### Row, Row, Row Your Boat

- ♪ Row, row, row your boat  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.



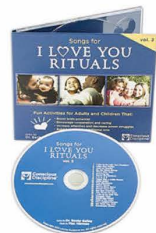
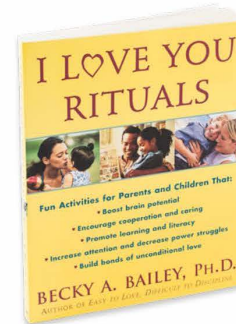
#### Twinkle, Twinkle Little Star

- ♪ Twinkle, twinkle little star,  
What a wonderful child you are.  
With bright eyes and nice round cheeks,  
A talented person from head to feet.  
Twinkle, twinkle little star,  
What a wonderful child you are!



#### Round and Round the Garden

- ♪ Round and round the garden,  
Goes the teddy bear.  
One step, two steps,  
Tickle under there!



- ♥ What other *I Love You Rituals* (songs, poems, finger plays, etc.) will you practice?

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## STEP 2: Plan

♥ When will you add them to your day?

- Within the Daily Schedule and Daily Routines
- Arrival/Dismissal
- Diaper Changing/Restroom
- Meal Times
- Nap Times
- Transitions
- Other \_\_\_\_\_



### PLANNING NOTES

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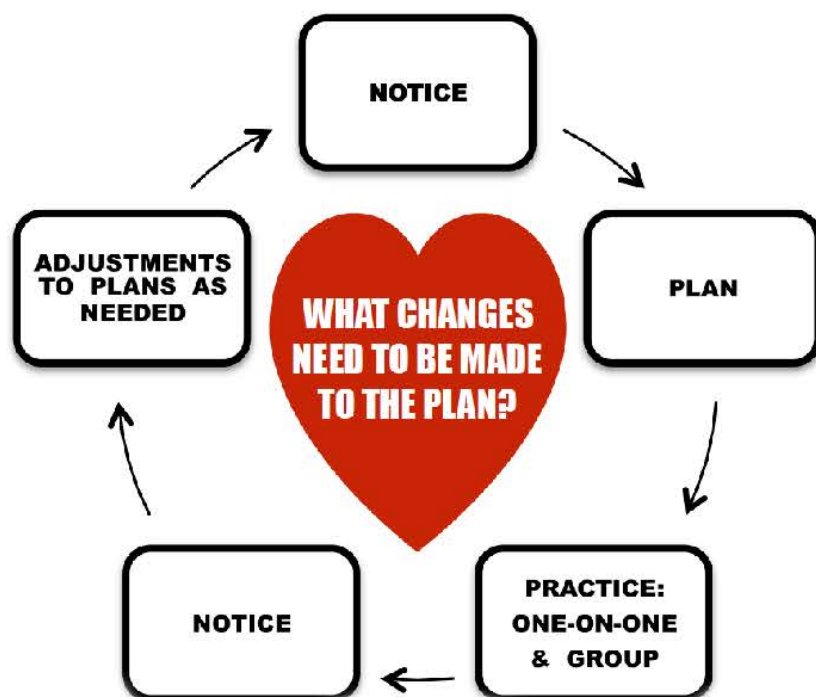
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## STEP 3: Ongoing Implementation

♥ What changes need to be made to the plan?

- Are there children that need some extra connection due to life challenges?
- Which *I Love You Rituals* do they really enjoy?
- Teach the children how to connect with each other too.



### IMPLEMENTATION NOTES

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