

PARENT CIRCLES CONTENT MASTER

P0 - EARLY CHILDHOOD PARENT CIRCLES - Age 0 through Age 5			
CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
All P0 Parent Circles	Full suite of 0-5 content	P0 Parent Circles Content Folder	
Start Up Session	Beginning session for any new group. Suggest as the first session each year if you run annually	P0 Parent Circles: Starting Together	P0 - Handouts - Basics
Relational Wellbeing: Regulation and Communication	Explores stress and practical stress reduction to promote resilience & self-efficacy. Provides an opportunity to deepen parents' understanding of their influence on the development of their 0 to 5 year old child's brain and social emotional skills.	P0 Parent Circles: Stress & Self Care	Handout - Self Care Bingo Handout - Stress & Self Care Additional Practice Ideas
		P0 Parent Circles: Language & Brain Development	
		P0 Parent Circles: Attachment and Serve and Return [English Only]	Handout - Parent-Child Play Bingo
Thriving Wellbeing: Health and Routines	Explores heavily influential, practical ways that parents already are and / or can support their child's growth and development within the boundaries of their day to day life and resources.	P0 Parent Circles: Sleep	Handout - Children & Sleep
		P0 Parent Circles: Routines	Handout - Routines Reflection Handout - Spanish - Routines Reflection
		P0 Parent Circles: Healthcare	P0 Handout - Health Rights and Responsibilities
		P0 Parent Circles: Support Systems	Handout - Value Circles Exercise



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P0 - EARLY CHILDHOOD PARENT CIRCLES - Age 0 through Age 5

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
Group Appreciation Session	Closing session. Valuable for group reflection and celebration as a final session where participants are encouraged to bring in food for a potluck.	P0 Parent Circles: Closing in Community	

P1 - EARLY ELEMENTARY PARENT CIRCLES - Preschool through 2nd Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
All P1 Parent Circles	Full suite of toddler - 2nd/3rd Grade content	P1 Parent Circles Content Folder	P1 Handouts
Start Up Session	Beginning session for any new group. Suggest as the first session each year if you run annually	Parent Circles: Starting Together	Handout - General - Personal Goal Reflection.pdf Handout - Starting Together - My Powerful Goals
Group Appreciation Session	Closing session. Valuable for group reflection and celebration as a final session where participants are encouraged to bring in food for a potluck.	Parent Circles: Closing in Community	Handout - General - Personal Goal Reflection.pdf
Thriving Wellbeing: Navigating Stress	Foundational topics for the P1 Thriving Wellbeing content. Deepens understanding of stress, centers practical stress reduction, and promotes resilience & self-efficacy PFF: Parental Resilience, Social Emotional Competence of Children	P1 Navigating Stress: Stress vs Stressors	Handout - General - Personal Goal Reflection.pdf Handout - Navigating Stress - Stress Cycles Activity Handout - Spanish - Navigating Stress - Stress Cycles Activity

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P1 - EARLY ELEMENTARY PARENT CIRCLES - Preschool through 2nd Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
		P1 Navigating Stress: Supporting Children with Stress	Handout - General - Personal Goal Reflection.pdf Handout - Navigating Stress - The Stress Response Game Handout - Navigating Stress - Cozy Space Activity Handout - Spanish - Navigating Stress - The Stress Response Game Handout - Spanish - Navigating Stress - Cozy Space Activity
Thriving Wellbeing: Supporting Regulation	<p>Second foundational topic for the Thriving Wellbeing topics. Deepens understanding of the nervous system regulation and the role it plays in the parent wellbeing, child development through the lens of their relationship to each other and how they relate with others</p> <p>PFF: Knowledge of Child Development, Social Emotional Competence of Children, Parental Resilience</p>	P1 Supporting Regulation: Zones of Regulation P1 Supporting Regulation: The 6 R's	Handout - General - Personal Goal Reflection.pdf Handout - Supporting Regulation - Zones of Regulation Chart Handout - Supporting Regulation - Regulation Scenarios Handout - Spanish - Supporting Regulation - Zones of Regulation Chart Handout - Spanish - Supporting Regulation - Regulation Scenarios Handout - General - Personal Goal Reflection.pdf Handout - Supporting Regulation - The 6R's Stations Station 1 Non-Print Materials: tossing balls , paper bowls, spoons, take home a squishy ball Station 3 Non-Print Materials: age appropriate children books about different cultures from library



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P1 - EARLY ELEMENTARY PARENT CIRCLES - Preschool through 2nd Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
		P1 Supporting Regulation: Downloading Your Calm	Handout - General - Personal Goal Reflection.pdf Handout - Supporting Regulation - Calm Pocket Guide Activity Handout - Supporting Regulation - Zones of Regulation Card Game
Thriving Wellbeing: Lifestyle & Healthcare	<p>Explore improving wellbeing through practical strategies to overcome obstacles, build towards consistent access to quality medical care, and model healthy lifestyle choices for oneself and their children</p> <p>SDOH: Health Care Access and Quality</p>	P1 Lifestyle & Health: Medical Home	Handout - General - Personal Goal Reflection.pdf Handout - Lifestyle & Health - Before, During, After Activity Handout - Lifestyle & Health - Medical Home Scenarios Handout - Lifestyle & Health - Dr Office Memory Game Take Home
		P1 Lifestyle & Health: Movement and Wellbeing	Handout - General - Personal Goal Reflection.pdf Handout - Lifestyle & Health - Family Physical Activity Bingo Handout - Lifestyle & Health - Family Wellness Board
		P1 Lifestyle & Health: Nutrition	Handout - General - Personal Goal Reflection.pdf Handout - Lifestyle & Health - Grocery List with My Child.pdf Handout - Lifestyle & Health - Design a Plate Take Home.pdf

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P1 - EARLY ELEMENTARY PARENT CIRCLES - Preschool through 2nd Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
Thriving Wellbeing: Financial Wellness	<p>Explore improving wellbeing through practical strategies to overcome obstacles, build or improve financial stability / wellbeing through realistic consistent means, and model healthy financial choices for oneself and their children.</p> <p>PFF: Parental Resilience, Concrete Supports SDOH: Economic Stability</p>	<p>P1 Financial Wellness: Financial Values</p>	<p>SEE END OF SLIDE DECK FOR ADDITIONAL HANDOUTS / TASKS</p> <p>Handout - General - Personal Goal Reflection</p> <p>Handout - Financial Wellness - Values Activity</p> <p>Handout - Financial Wellness - Spending Tracker</p> <p>Handout - Spanish - Financial Wellness - Values Activity</p> <p>Handout - Spanish - Financial Wellness - Spending Tracker</p>
		<p>P1 Financial Wellness: Strategies with My Money</p>	<p>SEE END OF SLIDE DECK FOR ADDITIONAL HANDOUTS / TASKS</p> <p>Handout - General - Personal Goal Reflection</p> <p>Handout - Financial Wellness - Budget Activity</p> <p>Handout - Financial Wellness - Cash Flow Activity</p> <p>Handout - Spanish - Financial Wellness - Budget Activity</p> <p>Handout - Spanish - Financial Wellness - Cash Flow Activity</p>

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P1 - EARLY ELEMENTARY PARENT CIRCLES - Preschool through 2nd Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
Relational Skills: Activating Agency	Practical strategies to increase parent and child wellbeing by exploring the role agency, our own agency and that of others, plays in building parent-child self-efficacy, children’s socioemotional development, and Executive Functioning skills like Cognitive Flexibility and Self-Monitoring. PFF: Network of Support SDOH: Social & Community Context	P1 Activating Agency: Choices	Handout - General - Personal Goal Reflection Handout - Activating Agency - Choices Game
		P1 Activating Agency: Reframing	Handout - General - Personal Goal Reflection
		P1 Activating Agency: Composure	Handout - General - Personal Goal Reflection Handout - Activating Agency - Composure Scenarios
Relational Skills: Intentional Relationships	Practical strategies to increase parent and child wellbeing by exploring the powerful influence that tending to / building supportive relationships with your child + others has on parent-child resilience and children’s socioemotional development. PFF: Network of Support SDOH: Social & Community Context	P1 Intentional Relationships: Creating Intentional Relationships	Handout - General - Personal Goal Reflection Handout - Network of Support - Vision Mask Activity Handout - Spanish - Network of Support - Vision Mask Activity
		P1 Intentional Relationships: Thoughts, Feelings, Emotions, and Intention	Handout - General - Personal Goal Reflection Handout - Intentional Relationships - Belly Breathing Take Home Activity.pdf Handout - Intentional Relationships - Intentional Self & Reactive Self Handout - Intentional Relationships - Thoughts Feelings Actions Take Home Activity.pdf

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P1 - EARLY ELEMENTARY PARENT CIRCLES - Preschool through 2nd Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
		P1 Intentional Relationships: Appreciation	Handout - General - Personal Goal Reflection Handout - Intentional Relationships - Preferred Appreciation Method Handout - Intentional Relationships - Appreciation Styles Handout - Intentional Relationships - Take Home Conversation Cards.pdf
Relational Skills: Navigating Perspectives	Practical strategies to increase parent and child wellbeing by exploring how awareness of communication styles and embracing different styles can enhance cooperation between parent, child, and others. This supports children's socioemotional development and Executive Functioning skills like Self Monitoring and Inhibitory Control.	P1 Navigating Perspectives: Communication Styles	Handout - General - Personal Goal Reflection Handout - Navigating Perspectives - I Statements
		P1 Navigating Perspectives: Assertiveness	Handout - General - Personal Goal Reflection Handout - Navigating Perspectives - Family Scenarios
		P1 Navigating Perspectives: Encouragement & Motivation	Handout - General - Personal Goal Reflection Handout - Navigating Perspectives - Noticing to Encourage
		P1 Navigating Perspectives: Problem Solving	Handout - General - Personal Goal Reflection Handout - Navigating Perspectives - Problem Solving Stations

P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
All P2 Parent Circles	Full suite of toddler - 2nd/3rd Grade content	P2 Parent Circles Content Folder	PC Handouts

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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
	Full suite of toddler - 2nd/3rd Grade content		
Start Up Session	Beginning session for any new group. Suggest as the first session each year if you run annually Beginning session for any new group. Suggest as the first session each year if you run annually	Parent Circles: Starting Together	Handout - General - Personal Goal Reflection Handout - Starting Together - My Powerful Goals
Group Appreciation Session	Optional session. Valuable for group reflection and celebration as a final session or special time of year (e.g. holidays) Optional session. Valuable for group reflection and celebration as a final session or special time of year (e.g. holidays)	Parent Circles: Closing in Community	Handout - General - Personal Goal Reflection
Relational Wellbeing 1: Navigating Adolescence	Explore important changes and experiences related to identity that children may experience or are experiencing in adolescence. Discussions include practical strategies to support parent - child wellbeing, relational health, learning, and development in this stage of parenthood and childhood.	P2 Navigating Adolescence: Identity Formation	Handout - Navigating Adolescence - Parent Pre Survey Handout - General - Personal Goal Reflection Handout - Navigating Adolescence - Represent Identity Activity Bring a ball for strong start
		P2 Navigating Adolescence: Understanding Boundaries	Handout - General - Personal Goal Reflection Handout - Navigating Adolescence - Boundary Scenarios

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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
		P2 Navigating Adolescence: Ask a Specialist: Adolescent Identity Development	Handout - General - Personal Goal Reflection Handout - Navigating Adolescence - Creating Questions
		P2 Navigating Adolescence: Putting it All Together	Handout - General - Personal Goal Reflection Bring a coin for activity Handout - Navigating Adolescence - "My Child Says" Activity
Relational Wellbeing 2: The Nervous System Ladder	Explore important changes and experiences related to the nervous system that children may experience or are experiencing in adolescence. Discussions include practical strategies to support parent - child wellbeing, relational health, learning, and development in this stage of parenthood and childhood.	P2 The Nervous System Ladder: Part 1	Handout - Navigating Adolescence - Parent Pre Survey Handout - General - Personal Goal Reflection Handout - The Nervous System Ladder - Part 1 Scenarios Handout - Spanish - The Nervous System Ladder - Part 1 Scenarios
		P2 The Nervous System Ladder: Part 2	Handout - General - Personal Goal Reflection Handout - Nervous System Ladder - Media Safety & The

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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
			Ladder
		P2 The Nervous System: Ask a Specialist Difficult Adolescent Conversations	Handout - General - Personal Goal Reflection Handout - Navigating Adolescence - Creating Questions
		P2 The Nervous System Ladder: Relational Repair	Handout - General - Personal Goal Reflection Handout - The Nervous System Ladder - Rupture Repair Game Handout - The Nervous System Ladder - Rupture & Repair Game Materials
Relational Wellbeing 3: Adolescent Mental Health	Explore important changes and experiences related to mental health and puberty that children may experience or are experiencing in adolescence. Discussions include practical strategies to support parent - child wellbeing, relational health, learning, and development in this stage of parenthood and childhood.	P2 Adolescent Mental Health: Identity & Proximal Development	Handout - Navigating Adolescence - Parent Pre Survey Handout - General - Personal Goal Reflection Handout - Adolescent Mental Health - Navigating Changes Activity
		P2 Adolescent Mental Health: Typical vs. Concerning Challenges	Handout - General - Personal Goal Reflection Handout - Adolescent

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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
			Mental Health - Mental Wellbeing Scenarios
		P2 Ask a Specialist: Adolescent Mental Health	Handout - General - Personal Goal Reflection Handout - Navigating Adolescence - Creating Questions
		P2 Adolescent Mental Health: Parent-Child Relationship Changes	Handout - General - Personal Goal Reflection Handout - Adolescent Mental Health - 7 Year Reflection Bring note paper for parents
Financial Wellbeing: Exploring Financial Wellness	Explore improving wellbeing through practical strategies to overcome obstacles, build or improve financial stability through realistic and consistent means. Model healthy financial choices for oneself and children by bringing awareness to your personal / family relationship and values when it comes to finances.	P2 Exploring Financial Wellness: Relationship to Finances	Handout - General - Personal Goal Reflection Handout - Exploring Financial Wellness - Money Memories Handout - Financial Wellness - Spending Tracker Wooden Coins for Game Brain & Heart Stickers Handout - Exploring Financial Wellness - Pre Handout

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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
		P2 Exploring Financial Wellness: Achieving Financial Security	Handout - General - Personal Goal Reflection Handout - Exploring Financial Wellness - Financial Journey Stories Handout - Spanish - Exploring Financial Wellness - Financial Journey Stories
		P2 Exploring Financial Wellness: Ask A Specialist	Handout - General - Personal Goal Reflection Handout - Financial Wellness - Creating Our Questions
		P2 Exploring Financial Wellness: Building a Financial Toolbox	Handout - General - Personal Goal Reflection Handout - Exploring Financial Wellness - Financial Toolbox Strategies Handout - Financial Wellness - Budget Activity Handout - Financial Wellness - Cash Flow Activity Toolbox envelopes Handout - Spanish - Exploring Financial Wellness - Financial Toolbox Strategies

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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
Financial Wellbeing: Future Proofing	Explore improving wellbeing through practical strategies to overcome obstacles, build or improve financial stability through realistic and consistent means. Model healthy financial choices for oneself and children by identifying your personal / family vision for success and security when it comes to finances.	P2 Future Proofing: Envisioning Prosperity	Handout - General - Personal Goal Reflection Handout - Future Proofing - Creating a Vision Glue, stickers, paper Vision board material (example) Handout - Spanish - Future Proofing - Creating a Vision.pdf Handout - Exploring Financial Wellness - Pre Handout
		P2 Future Proofing: What is Future Proofing?	Handout - General - Personal Goal Reflection Handout - Future Proofing - Story Activity Handout - Future Proofing - Future Proof My Life
		P2 Future Proofing: Ask a Specialist	Handout - General - Personal Goal Reflection Handout - Financial Wellness - Creating Our Questions
		P2 Future Proofing: Applying Future Proofing	Handout - General - Personal Goal Reflection Handout - Future Proofing -

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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
			Game of Life
Financial Wellbeing: The Mind & Our Money	Explore improving wellbeing through practical strategies to overcome obstacles, build or improve financial stability through realistic and consistent means. Model healthy financial choices for oneself and children by bringing awareness to how your brain and personal / family relationship to money are connected along with strategies to use that awareness in your favor.	P2 The Mind & Our Money: What is a Money Role Model?	Handout - General - Personal Goal Reflection Handout - The Mind & Our Money - Money Role Models Handout - Spanish - The Mind & Our Money - Money Role Models Stickers Handout - Exploring Financial Wellness - Pre Handout
		P2 The Mind & Our Money: How our Brains Connect to Finances	Handout - General - Personal Goal Reflection Handout - The Mind & Our Money - Guiding Your Child Handout - Spanish - The Mind & Our Money - Guiding Your Child
		P2 The Mind & Our Money: Ask A Specialist	Handout - General - Personal Goal Reflection Handout - Financial Wellness - Creating Our Questions
		P2 The Mind & Our Money: Becoming Money Role	Handout - General - Personal



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P2 EARLY ADOLESCENCE PARENT CIRCLES - 3rd Grade through 8th Grade

CATEGORY	NOTES	PARENT CIRCLE LESSON	LINKS
		Models	Goal Reflection