

Strengthening My Heart Skills

“While we try to teach our children all about life, our children teach us what life is all about.”
-Angela Schwindt

Date:

What are three parenting challenges you face? (“My children are always fighting.”)

1.

2.

3.

Name the virtues associated with these struggles and include them in a sentence for how you can respond to the struggles. (“When my children shout, I can be peaceful and handle the situation without shouting back.”)

1.

2.

3.

What action steps can you take to ensure you follow through with the above responses? (“I will take deep breaths every time the shouting starts to re-center myself and act from a place of peacefulness.”)

1.

2.

3.