Ages: 4-5

What do you want to do this weekend?



3 min

Main question: «We have Saturday and Sunday coming up. What would you most like to do?»

If they don't know: Offer 2-3 options. «We could go to the zoo, we could make pancakes, we could get the bike out. Which one more?»

REALLY ACT ON THE ANSWER:

Did they say "the zoo"? Then we go to the zoo, at least for an hour. If it can't happen this Saturday - HONESTLY: «This Saturday I'm working until lunch. Let's go next Saturday for sure - and we'll do pancakes this weekend». Not "yeah, yeah, we'll see." Every answer you act on = +1 to the feeling that "my opinion is real."

If they open up: «And what will we do there first, and what after?»

What we practised:

«At 4-5 years old a child understands "tomorrow / the day after / the weekend" for the first time. When their plan becomes reality - they learn: I can influence the family. This is the foundation of proactivity.»