

# T's Terrific 'I Can' Circle: Celebrating You!

## Materials You'll Need:

- A comfy cushion or special mat for T to sit on (and for you too!).
- Optional: A favorite small, soft toy to be the "Sharing Star" (whoever holds it gets to share).
- Optional: A child-safe mirror.
- Your wonderful, encouraging voice and big smiles!
- Optional: Paper and crayons/markers (for extension activity).

**Focus:** Building confidence and positive self-talk.

**Age:** 2.5 years old (for T!)

This is a special time for T to shine and feel proud!

## Let's Get Started! (Activity Steps)

### 1. Set the Mood (2-3 minutes):

Find a cozy spot to sit together. Say something like, "T, we're going to have a special 'I Can' circle time! It's all about how amazing you are!" Sing a short, happy welcome song if T enjoys that.

### 2. Introduce the Idea (1-2 minutes):

Hold the 'Sharing Star' (if using) or just model with your hands. Say, "In our 'I Can' circle, we think about something we really like about ourselves, or something super cool we can do! Like, I can give big hugs!" (Give T a hug as an example).

If using a mirror, you can briefly let T look at themselves and say, "Look at wonderful T!"

### 3. Parent's Turn First (Modeling - 1 minute):

You go first to show T how it works. Keep it simple and positive. For example:

- "I like my smile!" (Smile big!)
- "I can sing a song!" (Sing a very short line of a familiar song).
- "I am good at making yummy snacks."

Say "My turn is finished. Now it's..."

### 4. T's Turn! (2-5 minutes):

Pass the 'Sharing Star' to T (if using) or gently invite them to share. "T, what is something you like about yourself? Or what is something you can do? You are so good at many things!"

### Prompts if needed (be patient and encouraging):

- "Can you run fast? Wow, T can run fast!" (If they nod or show excitement, affirm it: "Yes! T can run fast! That's wonderful!")
- "Do you like your strong arms for climbing?"
- "Are you good at building with blocks?"
- "You give the best cuddles!"
- "Remember how you helped put your toys away? T can help!"

Accept any attempt, even if it's just a point, a sound, or a smile in response to your suggestion. The goal is positive interaction. If T points to their legs, you can say, "Yes! T has strong legs for jumping! You can jump!"

If T isn't verbalizing much, you can offer two simple choices: "Do you like your fast running or your super jumps today?"

#### 5. **Celebrate T's Sharing (1 minute):**

Whatever T shares (or you help them identify), celebrate it! "Yay, T! That's fantastic! I love that about you/that you can do that! You are so [brave/strong/clever/kind]!" Give a high-five, a cheer, or a clap.

#### 6. **Closing the Circle (1 minute):**

Say, "Our 'I Can' circle is finished for today. T, you did a wonderful job sharing something special! You are amazing!" Maybe sing a short goodbye song or give another hug.

## **Tips for Success:**

- **Keep it Short and Sweet:** A 2.5-year-old's attention span is limited. 5-10 minutes is usually plenty.
- **Be Patient & Positive:** Don't pressure T. If they are not in the mood, try another time. The goal is positive association.
- **Repeat Often:** This activity can become a lovely regular ritual. T will get more comfortable and expressive with repetition.
- **Focus on Effort:** Praise T's willingness to participate, even if they don't say much at first.
- **Listen to T's Cues:** If T seems tired or uninterested, it's okay to end the activity early and try again another day.

## **Extend the Fun (Optional):**

- After the circle, you could draw a picture together of what T shared (e.g., T jumping, T building blocks).
- Catch T doing their "I can" thing later in the day and say, "Look! There's T, doing their amazing [action] that they shared in our 'I Can' circle!"