

# Ecoplay Session Overview Chart

SESSION TOPIC	SESSION 1 Intro to Ecoplay	SESSION 2 Compassion	SESSION 3 Communication	SESSION 4 Control	SESSION 5 Choices	SESSION 6 Consequences	SESSION 7 Consistency	SESSION 8 Confidence
<b>HOME ECOPLAY SESSION ACTIVITIES</b>	FIND YOUR SACRED SPACE	Attitude of Gratitude PLANTA SEED	Communicating with nature TALKING STICK	MAKING MUD PIES	NON-DIRECTIVE ECOPLAY 1	NON-DIRECTIVE ECOPLAY 2	NON-DIRECTIVE ECOPLAY 3	NON-DIRECTIVE ECOPLAY 4
<b>RATIONALE FOR ACTIVITIES</b>	Hear, Understand & Validate Your Child Learn Mindfulness Skills	Learning compassion and self-regulation	Learning mindful communication	Allows parent & child to explore boundaries of control	Allows child the opportunity to learn about making good choices	Allows parent to re-enforce good choices through appropriate consequences	Teaches parent & child how to achieve consistent results	Teaches parent & child how to live confidently in True Self
<b>SESSION HANDOUTS</b>	HUG Limit-Setting What is Mindfulness in Ecoplay	Pygmalion Effect Mindful Breathing Attitude of Gratitude	Mindful Communications I-Position Star	ECOPLAY CHOICES & CONSEQUENCES CONTRACT Prize Box Chart	AIM for Happiness Choice-Giving Ecoplay Dos & Don'ts	Cycle of Nurture "What" and "How" Mindful Awareness	Happiness Within "What" and "How" Skills of Mindful Awareness	Stick FAST to Your CORE Sensory Ecology in Ecoplay
<b>HOMEWORK ASSIGNMENT</b>	HUG Limit-Setting What is Mindfulness in Ecoplay	Attitude of Gratitude Mindful Breathing for Ecoplay	Communicating with nature	Communicate about choices and consequences	Choice-Giving Completing Choices & Consequences Contract	Cycle of Nurture What Skills of Mindful Awareness in Ecoplay	Happiness Within How Skills of Mindful Awareness in Ecoplay	Sensory Ecology in Ecoplay

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