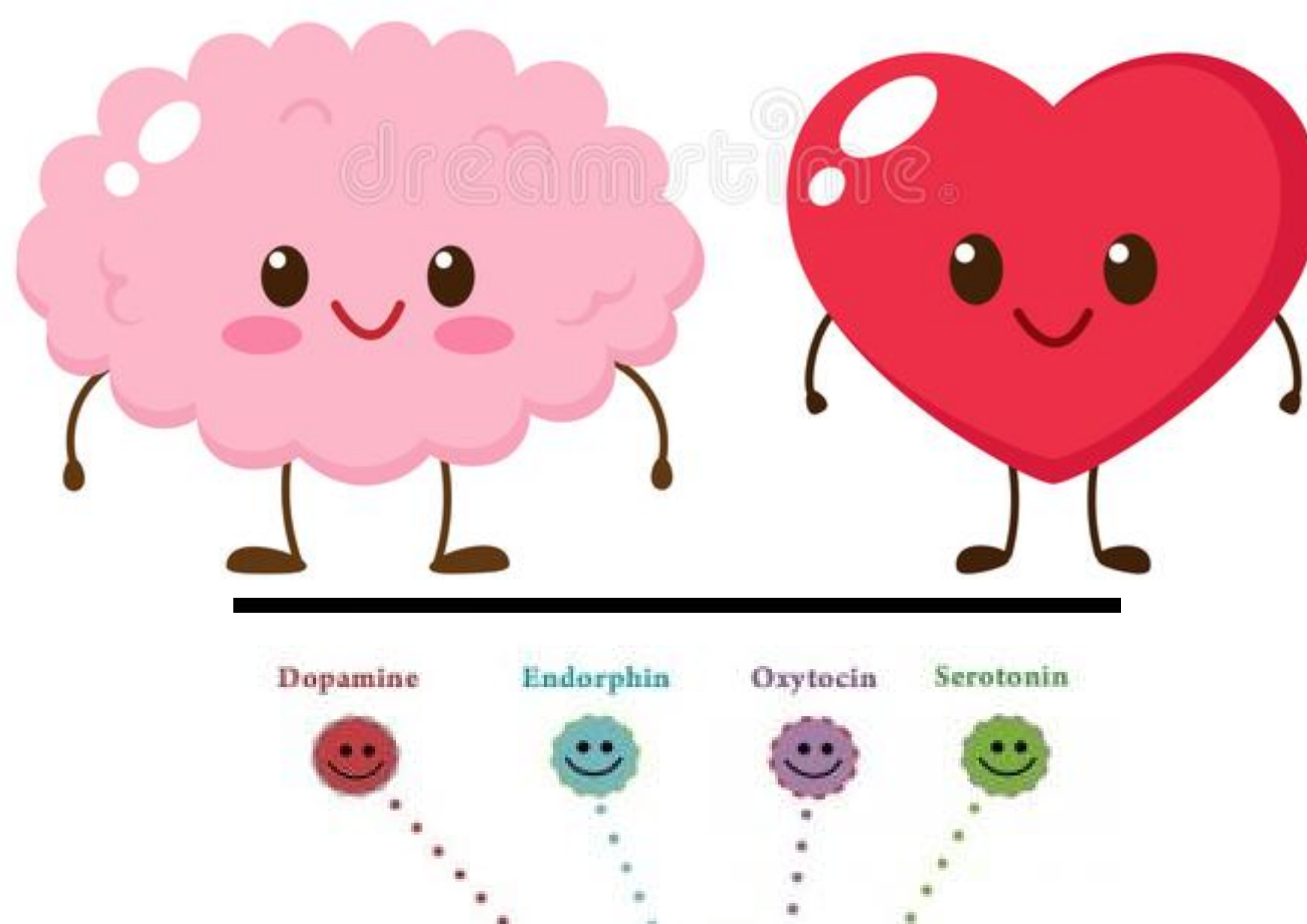


WELCOME TO THE MASTERCLASS:

**HOW TO FIND CONNECTION AND JOY
AGAIN IN PARENTING WITH
3 FUN, PRACTICAL + COMMUNICATION-
BASED STEPS!**

WITH AMANDA EVANS

Step 1: "The Stay and Play Method"



Ways to PLAY as a Parent:



How to support your child through PLAY:

How to bring PLAY into your relationships (with your partner or your peers).

Eg. "The What makes me HAPPY game"

2) CONNECTION: Connect the way your child does best! (PLAY once again!)

My favourite definition of connection is the energy that allows someone to feel "seen, heard and understood". But what does CONNECTION mean for you?

Connection:

-How does your child like to connect best? What motivates them most? What toys or games do they love to play?

3) Make Communicating WANTS + NEEDS a game! Create a safe space to listen to one another through family game time!

COMMUNICATING

WANTS, NEEDS + MORE!



Let's PLAY!



Want: a hug! To play a game, be heard!

Need: food, a good cry, someone to love me.

Desire: Go on a holiday, SWIM! Read.

Play as a family! First, create your dice or "colour cube" and roll to see what colour you get! One person at a time. Your goal is to share and everyone to listen while being the first to get all five colours!). When it's your turn, roll the colour cube and go to the colour. Whatever you land on, share about that thing: eg. a need you have, a want you have, a happy memory you have or a feeling you have felt before. Play until you all feel complete :)



Needs

Wants

Desire

Dream

Memory

1

2

3

4

5



1) Print and cut this out.

2) Colour with each of the 5 colours
(and write all your names on the 6th square).

3) Fold along the inside lines. Put glue on
tabs (one at a time) and assemble the cube.

CUBE

