



LESSON 1

OBJECTIVES:

Establishing a friendly and productive atmosphere, exchanging parental experiences, clarifying illusions and expectations about parent-child relationships, understanding the necessity of boundaries and personal rights.

LIST OF TASKS:

- **Warm-up Exercise — “Passing On Warmth”;** *purpose:* to create a friendly atmosphere, initiate interaction between the participants, promote cohesion in the group
- **Group Discussion — “Acceptance Of Norms And Rules Within The Work Group”;** *purpose:* to get the participants focused on complying with the rules and regulations of work in the group, to develop a model of effective communication
- **Group Exercise — “Stand Up Those Who Have ...”;** *purpose:* to emphasize the importance of understanding our differences and similarities, to identify the common challenges of parenting
- **Group Exercise — “Bonded Together”;** *purpose:* to demonstrate the connections between family members, to explain the cause-effect of family relationships; *required equipment:* yarn of polyester
- **Individual Exercise — “The Ideal Parent And The Ideal Child”;** *purpose:* to increase parental competency, to clarify illusions and expectations about children, to self-reflect on the personal experience of parenting; *required equipment:* paper and pencils
- **Team Work — “The Declaration Of Rights”;** *purpose:* to explore the necessity of boundaries in parent-child communication, to establish a set of reasonable rights for children and parents



- • Paper-easel and markers for facilitation

Note 1: The descriptions of the tasks are general guidelines, keeping in mind that personal input and creativity are encouraged throughout the program.

Note 2: The context of each paragraph is the instructor speaking and engaging the participants.

Note 3: “...” indicates the participants have performed the task.



LESSON 2

OBJECTIVES:

Establishing a friendly and productive atmosphere, developing awareness about personal perception, exploring the clues of verbal and non-verbal communication, practicing effective ways of acceptance and caring.

LIST OF TASKS:

- **Warm-up Exercise — “Associations”**; *purpose*: to establish a productive atmosphere, to initiate a process of self-reflection, to expose the participants to collaboration; *required equipment*: a ball
- **Individual Exercise — “My Child”**; *purpose*: to get parents involved in a discussion about a parents’ perception of their children, to initiate feedback about positive and negative personal traits; *required equipment*: paper and pencils
- **Individual Exercise — “Metaphor With Clay”**; *purpose*: to demonstrate the power of warmth and flexibility in relationships, to self-reflect on patience and the ability to be accepting; *required equipment*: clay
- **Team Exercise — “Acceptance, Non-acceptance”**; *purpose*: to analyze the power of verbal and non-verbal communication, to learn the effective ways of acceptance
- **Group exercise — “Mastering The Language Of Acceptance And Non-acceptance”**; *purpose*: to practice the verbal and non-verbal language of acceptance and non-acceptance, to experience being in a child’s position, to self-reflect
- **Group exercise — “The Sun Of Love”**; *purpose*: to develop positive thinking, to broaden the understanding of loving and caring





LESSON 3

OBJECTIVES:

Establishing a friendly and productive atmosphere, exploring on a deeper level our inherited qualities, getting acquainted with parental styles, practicing new models of communication and behavior.

LIST OF TASKS:

- **Warm-up Exercise — “Scale Of My Childhood”**; *purpose*: to develop a friendly atmosphere for self-disclosure, to turn the participants towards their childhood experience
- **Pair Exercise — “My Best Day Ever”**; *purpose*: to develop communication and listening skills, to continue the introjection process, to practice sharing feelings
- **Individual Exercise — “The Apple Doesn't Fall Far From the Tree”**; *purpose*: to make the participants aware of subconscious patterns they transmit to children, to explore similarities between relatives; *required equipment*: paper and pencils
- **Team Exercise — “Parenting Styles”**; *purpose*: to discuss styles of parenting, to analyze the consequences and benefits of following each of four styles
- **Group Exercise — “So You Feel Better”**; *purpose*: to practice different parenting styles, to self-reflect on personal and children’s feelings initiated from our different parenting styles; *required equipment*: a roll of wide masking tape
- **Group exercise — “Collect the Saying”**; *purpose*: to develop communication skills and flexibility, to train parents’ ability to be active and passive in communication roles





LESSON 4

OBJECTIVES:

Establishing a friendly and productive atmosphere, analyzing the areas of difficulties in parent-child relationships, mastering verbal and non-verbal ways of effective communication, developing empathy and positive thinking.

LIST OF TASKS:

- **Warm-up Exercise — “Psychological Movements”**; *purpose*: to involve the participants in non-verbal activity, to direct their attention to the challenging areas of parenting
- **Pair Exercise — “Dialogues”**; *purpose*: to understand the importance of non-verbal elements in communication, to observe cause-effect patterns in communication, to initiate self-reflection
- **Group Exercise — “Not”**; *purpose*: to develop self-awareness in communication with children, to practice the usage of verbal positive statements; *required equipment*: paper and pencils
- **Pair Exercise — “Leader - Follower”**; *purpose*: to play the role of parents and children that are in a relationship, to develop attention, to explore the position of dependency
- **Team Exercise — “Empathetic Communication”**; *purpose*: to develop empathetic skills, to analyze the difference between unreceptive and empathetic communication
- **Team Exercise — “Listening To Feelings”**; *purpose*: to pinpoint emotions in communication, to learn “reading” the emotional states hidden behind the verbal messages, to self-reflect





LESSON 5

OBJECTIVES:

Establishing a friendly and productive atmosphere, expanding the range of communication strategies, developing positive thinking and empathy, taking inventory of previous experiences and establishing goals for new relationships with children.

LIST OF TASKS:

- **Warm-up Exercise — “Similarities”**; *purpose*: to warm up and integrate the group, to develop the skills of focusing on others, to activate the attention to people’s individualities
- **Pair Exercise — “The War Of Opposites”**; *purpose*: to experience the authoritative manner of communication, to get in touch with feelings and reactions that emerge in this kind of communication
- **Pair Exercise — “Three Deeds”**; *purpose*: to explore mutual patterns in parent and child behavior, to develop positive thinking, to deepen the understanding of child-individuality
- **Group Exercise — “I-statement”**; *purpose*: to improve communicative competence, to practice the process of self-actualization, to master self-reflection and empathy
- **Group Exercise — “A Fist”**; *purpose*: to experience the difference between You- and I-statements, to initiate discussion on different styles of communication and their overall effects
- **Group Exercise — “Farewell”**; *purpose*: to evaluate the knowledge and experience received throughout the training, to get inspired for changes, to bundle and dispose of non-effective patterns; *required equipment*: paper and pencils

