

Action Planning

Take some time to reflect on what you heard today and review some of your reflection sheets and activities. Think about how you will use the information when you go home to your families, then answer the following action-planning questions.

Write down one or two ideas or strategies you want to try at home in the next week.

1.

2.

Reflection:

Keep this handout and make notes below about how the ideas or strategies worked. These questions can guide your reflection.

How did your family respond to the ideas or strategies you tried?

What will you do next time you try the idea or strategy?