WORKSHEET 3.1:
OVERCOMING OBSTACLES

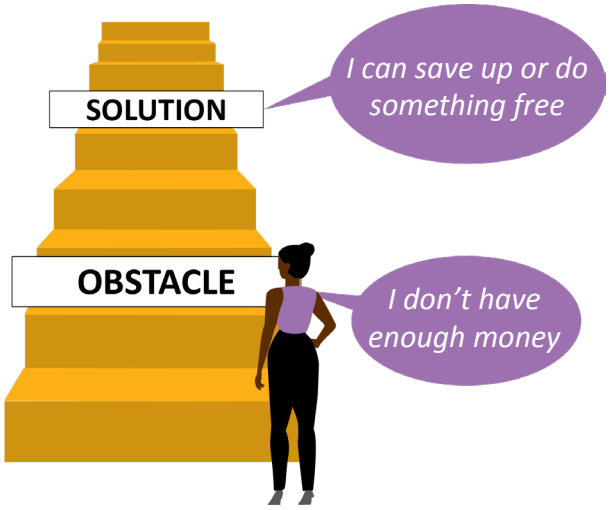
Sometimes even after we decide to do something pleasant, our plans still fall through. We run into an obstacle or problem, and we don't do the pleasant activity that we meant to.

- Try to think of some possible obstacles and possible solutions to overcome them (sometimes the biggest obstacles are our own thoughts).

What is keeping me from doing pleasant activities? (Obstacles/Problems)	How can I overcome these obstacles? (Solutions)

STEPS FOR OVERCOMING OBSTACLES:

1. Identify the problem or obstacle
2. Think about all the possible solutions
3. Pick the solution that's best for you
4. Try the solution and see how it works



WORKSHEET 3.2:
MAKE A PERSONAL COMMITMENT

1. I plan to do the following:

2. I will do it by this date:

3. I feel this is important because:

Use the calendar at the end of this section to schedule the pleasant activity to which you have committed yourself.

WORKSHEET 3.3:
PERSONAL COMMITMENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Night	Night	Night	Night	Night	Night	Night

WORKSHEET 3.4:
HOW DO BABIES LEARN?

Babies learn by:

- Observing and imitating what their parents do
- Communicating with their parents
- Following what their parents teach them
- Feeling supported when they try to do new things

All activities you do with your child are opportunities for learning!

WORKSHEET 3.5:
FROM BIRTH TO AGE 1 - SOME THINGS BABIES LIKE TO DO

AGE	WHAT BABIES LIKE TO DO
Newborn	Imitate - make faces, stick out your tongue and watch your baby imitate you Rock - going for a ride in a stroller can also be calming Listen to soft music, a musical toy or your voice Be touched - gently massage your baby
1 month	Track objects Watch mobiles Practice exercising feet using bicycle movements
2 months	Play with hand puppets Gently bounce up and down Hold and play with a rattle
3 months	Shake a rattle on his/her wrist Listen to music with a rhythm Play with toys that are attached to strings and practice batting
4 months	Play peek-a-boo Practice rolling from stomach to back Watch bubbles
5 months	Look in a mirror Play with a roly-poly toy (a toy that turns up when knocked over) Swing in an infant swing
6 months	Play patty-cake Play with other babies Go on piggy back rides
7 months	Play tug of war Play "look for the toy after you hide it" Look at books with lots of pictures and colors
8 months	Learn the sounds that animals make Play hiding games Bang on pots and pans
9 months	Roll a ball back and forth to you Practice standing up
10 months	Push a car or truck on the floor Tear magazines Blow bubbles
11 months	Push things with levers Pour things from one container to another (try cereal) Play in the water
12 months	Play with a big beach ball Toss bean bags or balls (or crumpled up paper) into a container Play with his or her shadow Explore the world around them

Adapted from Segal, M. (1985). Your Child at Play: Birth to One Year. New York, NY: New Market Press.

WORKSHEET 3.6: MINDFULNESS PRACTICE
WALKING MEDITATION

Adapted from Bardacke, N. (2012). Mindful Birthing. New York, NY: HarperCollins Publishers.

Find a place where you can walk 10 paces or go outside for a walk

Before you begin walking, take a deep breath and relax your body
Let your arms hang loosely at your sides or clasp your hands in front or behind you (whichever is most comfortable)
Soften your gaze (not at any fixed point)
Then begin to walk, slowly
Bring your awareness first to your feet...

GROUND

Bring your awareness to the sensations of your feet and legs, starting with the soles of your feet, as each heel touches the ground, then the base of the foot, then the toes, and then as they lift
You can actually say to yourself, "heel, foot, toes, lift"
This is a way to connect the action of walking in the present moment

COME TO YOUR SENSES

Walk slightly slower and begin to open your awareness to all your senses, one by one
Sight, sound, taste, feeling, smell
See what is around you, listen to the sounds, taste the air or whatever is in your mouth, feel the warmth, coolness or breeze on your cheeks, smell the air
Then stop for a moment and see if you can take in all the senses

SAY A HELPFUL PHRASE

Recite some sayings while taking a few steps
For example, take a few steps and, during an in-breath, say to yourself, "Breathing in, I have arrived, breathing out, I am home"
Or, "Breathing in, I calm my body, breathing out, I relax"
Or make up your own sayings

WORKSHEET 3.7:
QUICK MOOD SCALE & PLEASANT ACTIVITIES

- Every night before going to bed, circle the number 1-9 that best represents your mood
- At the bottom of each column you will find a space where you can note how many pleasant activities you do each day. Is there a relationship between your mood and the number of pleasant activities

	MON	TUE	WED	THU	FRI	SAT	SUN
DATE:	_____	_____	_____	_____	_____	_____	_____
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1
Number of PLEASANT Activities:	_____	_____	_____	_____	_____	_____	_____