

# Recommended and Required Activities for Trainer Candidates

Below you will find a list of recommended and required activities to be included in your 6 week agendas.

## RECOMMENDED ACTIVITIES

- Two Lists
- Parenting Styles
- Kind and Firm
- Top Card
- Competent Giant
- Brain in the Palm of the Hand
- 4 R's of Recovering from Mistakes
- Introduction to Mistaken Goals Chart and supporting activities (For example, Read my Hat)
- Asking vs Telling
- Empowering vs Enabling
- Praise vs Encouragement
- Family Meetings

## REQUIRED ACTIVITY

- Parents Helping Parents Problem Solving Steps (PHPPSS) - To be facilitated each session.