

## I Love You Rituals in the Home

I Love You Rituals are essential activities in our center!

I Love You Rituals promote connection.

Connection promotes cooperation, willingness and optimal brain development.

Share these loving interactions with your child, siblings, grandparents, other family members and friends.

Strong, loving bonds are the building blocks of healthy brains and healthy families!

**Here is your first I Love You Ritual:**

### Twinkle, Twinkle Little Star

Twinkle, twinkle, little star,

("Twinkle" by raising your hands up high and fluttering your fingertips together with the child's)

What a wonderful child you are!

(Tap the child's chest or nose at "you")

With big bright eyes and nice round cheeks,

(Trace circles on the child's cheeks)

A talented person from head to feet.

(Tickle "from head to feet.")

Twinkle, twinkle, little star, (Repeat the starting motions)

What a wonderful child you are!

twinkle  
twinkle  
little star

