

How can I do
this for *all* my
children?

NAME IT

jl
JENNIFER LOPEZ

I want to help.

I love/care for my child.

I have insight into learning that may work for the current situation.

TAME IT

I trust myself to know my children and their needs, and how to respond to those in the moment.

I believe in my ability to be flexible and open to new ways of learning together and with my child.

I can take one step {name one action} today to help my child with their learning goals.

REFRAME IT

There isn't
enough time to
do all the things I
usually do/the
children usually
do in school.

NAME IT

jl
JENNIFER LOPEZ

It's OK to let some things go.

It's OK to do different things with my time.

I may have to see time in a new way right now.

I may have to be flexible with our schedule right now.

TAME IT

I'm going to start using
(*morning/lunch/snack, etc*) time for
(*play, exercise, meditation, etc*).

I'm ready to take time to do the things that matter most.

I have these 3 things to get done today:

I'm excited to design a schedule for today's needs.

I am happy to do one new and fun thing in our schedule today to honor our time together.

REFRAME IT

I am going to
miss an
opportunity.

NAME IT

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JENNIFER LOPEZ

I know that all opportunities are there and available when I am ready.

I need to give myself time to process.

It doesn't have to be perfect if I do try something new.

I only have to take note of the new opportunity. I don't have to take action right now.

T A M E I T

I trust myself to take one small step toward an opportunity that emerges.

I will take one piece of my process and apply it to taking an action step forward.

I want to be of service and help others. I can do _____ or _____ to be of service right now.

I take imperfect action to be of service to others.

R E F R A M E I T

I worry this time
will be over too
quickly and I will
miss out on
something.

NAME IT

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JENNIFER LOPEZ

I focus on today.

I have time.

It's OK to slow down.

It's OK to need a time out.

I am here now.

T A M E I T

I will take time to (*play a game, take a walk, talk with my someone I care about, etc*). *If it helps, give yourself a specific amount of time.

I am using this time to grow, connect, create, discover.

I'm excited about how I can organize my time and find new opportunities to create and connect.

I am learning to slow down and take time to do things.

I practice presence as a result of learning from this experience.

R E F R A M E I T

I miss people.
I miss giving
someone a hug.

NAME IT

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JENNIFER LOPEZ

I know I need human connection.

I'm glad I care about giving someone a hug.

It's OK to need physical touch and affection.

I know it will take time for everyone to feel safe after practicing physical distance.

I get to hug my {pet, partner, child} during this time.

T A M E I T

I value human connection and will practice new ways to connect with others.

I am creating new ways of connecting with my family/friends/co-workers.

I affirm others and care for them by doing _____.

I am affirmed by doing _____.

R E F R A M E I T

I miss having
my normal
routines.

NAME IT

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I have _____ routine that I get to keep as part of my day.

I feel safe and grounded when I _____.

I experience a peaceful moment when I'm doing _____.

TAME IT

I have the opportunity to introduce a new routine that will enable me to respond to the current situation.

I rely on _____ and _____ to ground me in my new routines.

I intend to keep _____ as part of my daily or weekly plan.

I need to change _____ to adjust to my current situation.

I need to increase _____ in my day/my week to help balance the routines that are missing.

REFRAME IT

I miss not crying
all the time.

NAME IT

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JENNIFER LOPEZ

I'm willing to let myself cry.

I'm willing to process what I'm feeling.

I'm willing to reach out to talk with someone who will honor my feelings.

It's OK to be sad about my current situation._____.

I'm willing to grieve.

I know grief takes time.

T A M E I T

I know crying is an important emotion that leads to compassion.

My tears move me toward the greater good.

Processing my emotions enables me to see the world with fresh eyes.

I honor tears as a pathway to healing and transformation.

R E F R A M E I T

I am crying and
sad for others in
this situation .

NAME IT

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JENNIFER LOPEZ

It's OK to be sad for others
experiencing these emotions.

I'm a sensitive and caring person,
willing to hold space for meaningful
exploration and understanding.

TAME IT

I am open to being sensitive, and
taking part in connection and
communication that is vulnerable and
supportive.

I'm willing to listen to another who
may be experiencing big emotions.

I hold space for others when they need
to cry or grieve.

I honor tears as a pathway to healing
and transformation.

REFRAME IT

There's so much
to think about &
worry about. I
fear . . .

NAME IT

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JENNIFER LOPEZ

I'm waking up today to both anxiety/fear and to good things (*the sun, my dog, my home, my safe surroundings, etc*).

I'm willing to see what's in front of me that feels safe and certain.

I need to do _____ to put some of my worries/fears into perspective.

I need support/resources to help.

TAME IT

I wake up to one new possibility today.
I wake up and appreciate _____.

I will do one/two/three things today that makes me feel safe and secure.

I will write my fears and worries out so I see them in front of me.
I will say my fears out loud to someone.

I seek the right support and resources, and put them in place to keep me moving forward.

REFRAME IT

I want to help
others and I
feel stuck . . .

NAME IT

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I'm compassionate and caring.
I want to help.

I have insights that may work for this
current situation.

I can offer new ideas and perspectives
and share hope.

I understand the challenges people are
facing right now.

I know I can't solve that right now.

T A M E I T

I'm a sensitive and caring person,
willing to hold space for meaningful
exploration and understanding.

I want to help someone else express
fears and worries.

I am willing to use this as an
opportunity to explore a calling/sense
of purpose.

I create one solution/way to help.

I help someone else by taking one
small action.

R E F R A M E I T

I don't feel "real"
if I own positive
emotions. . .

NAME IT

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I'm reframing my perspective on how to engage positive emotions.

I am learning to reframe my previous beliefs.

It's OK to share hope.

I start with compassion and empathy as a positive emotion.

I can be both real (genuine) and positive.

I understand the need for balancing positive and negative emotions.

TAME IT

I'll do one thing that ignites positive emotions today.

I explore my beliefs when they come up and reframe them through questions that guide me toward deeper understanding.

I extend empathy and compassion as a positive, genuine emotion.

I use words and language to reframe the current situation into an opportunity.

I give myself permission to experience {joy, peace, serenity, hope, etc} today.

REFRAME IT

I feel like a
burden on
someone's time,
energy, space.

NAME IT

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I'm willing to take time for those that mean so much to me.

Giving others space and time is important and valuable to their well-being.

I am happy to support my friend/family member with time together when they are ready.

I am worthy of having time with someone I care about and who cares about my well being.

I respect time in a way that allows me to take the time I need and want with others.

T A M E I T

I will send someone a note/text today to see when they have time to meet or call.

I will ask for support on one thing that is really important to me.

I will find a fun way to spend time with a friend/family member that feels energizing for both of us.

I am willing to be spontaneous and take advantage of having some time with my friend/loved one when the opportunity presents itself.

I agree to and schedule in advance with my friend/loved one for a weekly/monthly commitment that gives us a chance to spend quality time together.

R E F R A M E I T