

The DIP Bootcamp, **Part 2/2**
MMNTM Notes Sun Mar 7, 2021

AGENDA

HOUSEKEEPING:

CLOSE DISTRACTIONS

Everything ok?

THE DIP Part 2

Here are the docs from today:

Foundations Assessment PDF, From Module 2, Lesson 9

<https://sethperler.com/wp-content/uploads/2018/01/UGYGFFoundationsAssesment.pdf>

SNO, Sunday Night Overhaul PDF, From Module 3 Lesson 9

<https://sethperler.com/wp-content/uploads/2018/01/UGYGSNOSundayNightOverhaul.pdf>

DIP, What to do about it PDF, From Module 5, Lessons 1-4

<https://sethperler.com/wp-content/uploads/2018/01/UGYGTheDip2.pdf>

Notes:

- **Today's goals:** Polish foundations, address DIP proactively, connect positively.
- **What logging in should look like...**
- **What today looked like during action - and what if it didn't?**
- **See slideshow now**

More action today: Connection

1. Ask your child: what do I do that is helpful, what is not? Reflective listening.
2. Parents share some examples of sunk costs you have experienced and what you would do differently if they could turn back time. Share what your sunk costs have "cost" you?
3. Compliment barrage from parents, as many as you want. Students-how to receive. It opens up dialogue after they receive. "How was that for you?"

Here are starters:

- a. What I love about you
- b. what I like about your personality,
- c. humor,
- d. I'm proud of you when,
- e. you make me smile when,
- f. I feel close to you when,
- g. you inspire me to,
- h. how you make me a better person,

- i. what I respect about you,
 - j. something you may not know about me,
 - k. I'm grateful that you,
 - l. I notice your effort when,
 - m. I see your talents when,
 - n. one of your strengths is,
4. Share hopes: my greatest hope for you is...
 5. Give your child space, today was a lot.
 6. **FINALLY:** Do something FUN and CONNECTING and PRESENT tonight besides schoolwork (Be sure to finish priorities of course): Fun, connect, eat, play, talk, games, walk, cook, create, etc.. And/or plan fun connection for this week.