



Dear Parent / caregiver,

I hope that you enjoy these printable resources I have put together for you. I often journal as part of my parenting and homeschooling process, so in this pack, I've put together a few journalling prompts. These are the same questions I pose in chapter two of *Extraordinary Parenting* to help you work out what your unique family needs from a rhythm. I hope having these printed off will make it easier for you to dive into these questions, either alone or with a partner or friend.

Once you've gained some clarity from the journalling prompts, you'll find two sweet rhythm charts to help you easily create a visual daily and weekly rhythm. Just print them off, cut out the images, and stick them to the charts provided. If your rhythm changes a lot you might like to laminate the images and stick them on with Blu Tack or velcro so that you can change things up regularly. Your little ones might enjoy helping you too! Here's an example of the kind of weekly rhythm I like to use with my own daughter.

Next, you'll find an image to stick on your fridge or wardrobe door, to help you remember when times get tough that your child isn't being difficult on purpose. In the first chapter of *Extraordinary Parenting* I talk about the behaviour "iceberg", and I hope that this image will act as a reminder in those tricky moments that your child is struggling too.

Finally, I've also created a simple nature bingo activity for you to print off and take on walks, even if these are just around your city block or back yard. When you start looking, you'll be surprised at how much nature you can find in window boxes, front gardens, and local parks. I'll be using this bingo with my daughter Frida as we explore our local area in the next few months.

I really hope you enjoy using these resources. Please do tag me on Instagram [@mightymother\\_](#) when you use them — I can't wait to hear what you think.

Thank you once more for reading *Extraordinary Parenting*,

Love,  
Eloise x



## Identifying your parenting values

**When have you felt happiest?** What was present in these moments?

**When have you felt the most pride?** What contributed to this feeling?

**When have you felt most frustrated and unfulfilled?**

What was lacking in these moments?

**What are your hopes for the world?**

Name five things that you believe make for a good and happy society.

**Think about some times that have felt good for you as a family.**

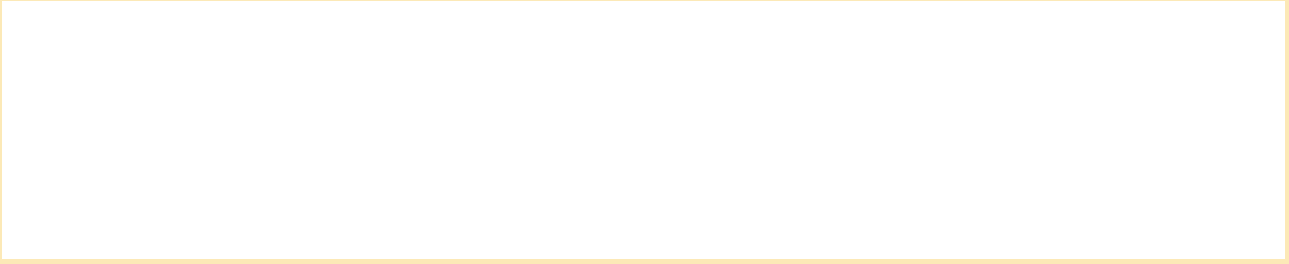
What were you doing? What was present? How did you show up as a parent?  
How did your relationship with your children feel?  
How do you think your children felt?

**If you could gift five characteristics or qualities to your children as they grow up, what would they be?**

**Is there anything from your own childhood that you would like to pass down to your children?**

**How would you like your children to describe you when they are grown?**  
List any words that come up.

**What would a beautiful childhood look like, to you?**



**Identifying your family's needs**

**What do you need to keep yourself feeling happy, healthy, and able to look after your family?**

Do you need time alone, or do you recharge your batteries by socialising?



**What does self-care look like for you?**

Do you get enough of it? If not, why not? What would you like more of?



**Think about each of your children.**

What do they need at the moment? Forget external expectations for a moment and think about them as individuals. What do they need to be happy? Are they introverted or extroverted? What keeps them feeling good? If you have more than one child, where can both have their needs met together, and where do their needs conflict?

Blank white space for writing.

**Think about your partner, if you have one.**

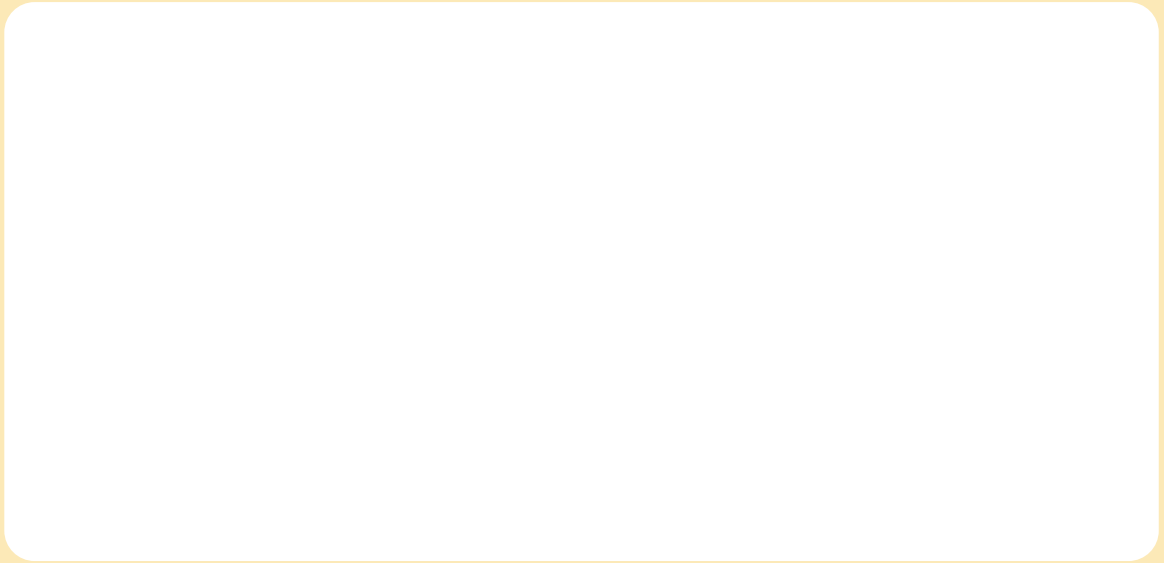
What makes them feel happy, healthy, and replenished? What needs to be in place for your relationship to thrive?

Blank white space for writing.



# Our Daily Rhythm

**Morning**



**Afternoon**



**Evening**



# Our Weekly Rhythm

Monday

Tuesday

Wednesday

Thursday

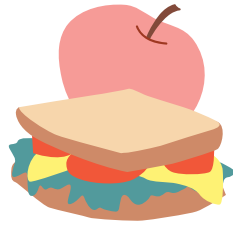
Friday

Saturday

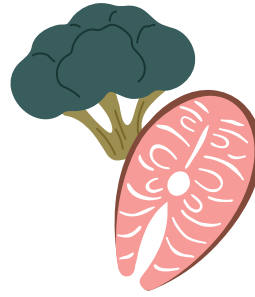
Sunday



**Breakfast**



**Lunch**



**Dinner**



**Brush  
teeth**



**Gardening**



**Nature  
walk**



**Playground**



**Tea time**



**Reading**



**Baking**



**Cooking**



**Art**



**Play**



**Audiobook**



**Quiet time**



**Nap time**





**Bedtime**



**Cleaning**



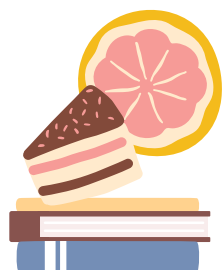
**Bath time**



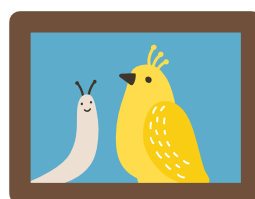
**Get dressed**



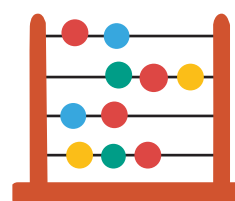
**Yoga**



**Morning time**



**TV**



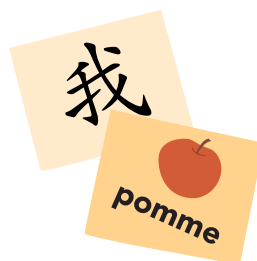
**Maths**



**Science**



**History**



**Languages**



**Walk**



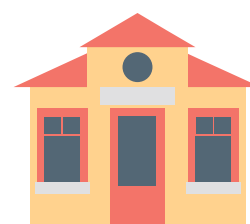
**Swimming**



**Play games**



**Playdate**



**School**



**Childcare**



**Grand-  
parents**



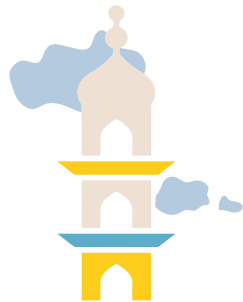
**Church**



**Mosque**



**Synagogue**



**Temple**

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# “I’m not giving you a hard time, I’m having a hard time”



# Nature bingo



**Bird**



**Flower**



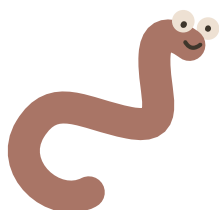
**Seed**



**Beetle**



**Snail**



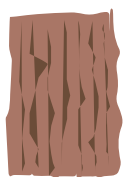
**Worm**



**Bee**



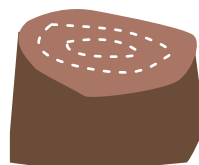
**Butterfly**



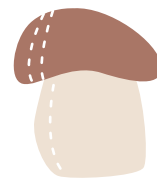
**Bark**



**Seedling**



**Tree stump**



**Mushroom**



**Ant**



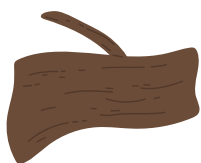
**Pine cone**



**Feather**



**Paw print**



**Log**



**Berries**



**Nest**



**Caterpillar**