



Conscious
Discipline®

I Love You Rituals

Three Nice Mice

Preparation and instructions: This is a wonderful rhyme to teach children to do with each other. Older siblings will enjoy teaching this fun interaction to their younger brothers and sisters.

Three nice mice. Three nice mice.

As you say each sentence, hold up three fingers on each hand. Have the child mirror your actions and hold up three fingers also.

See how they care. See how they care.

You and the child form circles with both your right and left hands. Then you both bring the circles up to your eyes as if to look through binoculars.

They hold both hands and give a shake.

Reach out and hold hands. Move your clasped hands up and down in a handshake.

Smiling together, good friends they make.

Continue holding hands and swing them to the beat of the rhyme.

Then turning around, for goodness' sake.

Release your hands while each of you makes a complete turn. When you are face to face, high-five while saying "for goodness' sake."

Three nice mice. Three nice mice.

Return to holding up three fingers on each hand.



Message: Remember your purpose. The goal of the activities is to join with our children. These rituals show us to rejoice in togetherness, experience each other's beauty, and delight in the expression of love. The ultimate goal is to connect. Relax, have fun, giggle, sing, just be yourself. Be fully present with your children. See yourself and the child as complete, good enough and totally deserving of this interaction.



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