

# Build a Child's Character With The Five Golden Rules for Staying Connected to Children

## Unit 3

A. \* **First thoughts first-** Describe a time when someone publicly humiliated you. This incident obviously left a lasting impression that may have resulted in sadness, resentment, or anger. Describe how you could use the lesson to make yourself a better mentor to others.

### B. Video - 19 Minutes

The Five Golden Rules Introduction, and Golden Rule #1

Golden Rule #1 - Practice the Behavior you Would Like to See in Others

Section concepts:

- Public Humiliation
- Raising Your Voice
- Sarcasm and Passive-Aggressive Statements
- Losing Your Temper
- Creating a Warm and Productive Environment is a Community Effort

1. \* Dr. Birchak asks the fundamental question, "Does it work for you?" We often treat children in ways we would not like to be treated ourselves. Generate at least two personal self-messages you could say to yourself every day to remind yourself why we need to practice the behaviors we want to see in others.

2. Dr. Birchak describes how our aggression gets sneaky as we get older (sarcasm and rhetorical questions). Brainstorm ideas about how you can handle challenging situations without escalating the tension in yourself or others.
3. **\* Dr. Birchak gave an example of how we may obsess on cruel people after they mistreat us. List three reasons why this is a waste of time. How will you create a strategy so that mean people don't "own" you after they mistreat you?**
4. When was the last time you threw out a sarcastic comment as a way to communicate your discontentment with a situation? Describe one way you could go back and mend that situation at a later time.
5. Often, people fail to repair situations when they hurt others. What are the barriers that disallow us from repairing these situations?
6. Have you ever had a job where you did a good job but rarely received a compliment? How did this affect your motivation? What lesson did you learn that will enable you to be a more effective leader?
7. Dr. Birchak referred to Dr. Robert Brooks who said we needed three things in each classroom:
  - 1. What are the rules/responsibilities?
  - 2. How will we remember them?
  - 3. What are the consequences if we don't follow the rules?How will you employ this method with your own group of children?
8. Dr. Birchak illustrated how Richard LaVoie's "Broken Record Technique" works because it demonstrates how "firmness" and "caring" can be used together (without losing control, or being mean). In other words, we don't have to be a jerk to teach discipline. Name two reasons why you might fall into the trap that you have to "be mean to maintain discipline." Describe two situations where it would be easy to fall into that trap, and a strategy you will try to employ to remind yourself of how to be firm while showing care at the same time.

9. In this day and age we are often objectified. Our value is judged not by who we are, but by the scores we produce, or the amount of money we make. Schools and other institutions often judge not by the student's ability to develop into a fully functioning person, but rather by the score they obtain on a standardized scale. The problem, as most people in education know, is that many students are not privileged enough to have computers in the home, internet, two parents, an adult to help them with homework, small classes, good health care, and affluence. In the end, many students are stamped with a price tag on their forehead based on a lot of factors they have no control over. Describe two ways you can improve a child's sense of self-worth regardless of the conditions they have to live in.

**C. Reading discussion questions for Chapter One- Civility.**

Join the wolves

3 quick steps

self respect - choices

**D. Reading for the next unit-** For the upcoming unit read **Chapter 2** in the book *How to Build a Child's Character- By Tapping Into Your Own* (Birchak, 2004, Royal Fireworks Press, Uniondale, NY)