

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

Unit 6

A. * First thoughts first- Dr. Birchak quotes Max Dupree saying, "We cannot become what we need to be- remaining who we are." In life, some of the best learning takes place not by what we take in but in what we let go. Name one thing you need to let go of in order become what you need to be.

B. Video - 9 Minutes

Golden Rule #4 - Join the "scientists" not the "victimists."

Section concepts:

- Scientists have not been infected by the NICDAT virus
 - Avoid personalizing a child's behavior.
 - Focus on group behaviors and group achievements but don't use mob mentality.
 - Don't let the late-day meltdown, or the y. Remember: a 90% day in an "A" day.
 - Avoid battles.
1. Are you a person who typically seeks data to solve your problems or do you seek data to justify your misery? Do people light up when you enter a room?

2. *** Dr. Birchak describes a person who takes joy in another's failure. It's one thing to say, "Well, you didn't do well and now you have to live with the outcome." And it's another to say, "I'm thrilled that you failed!" When we focus on hoping others feel pain when they fail, we've lost our ability to care about them. When people have given up hope, they don't believe that joy is in the future picture. Rather than nurturing others through their difficult times, they want them to feel their pain. Name one thing you can do to on a daily basis to avoid this pitfall.**

3. *** In the video, Dr. Birchak describes a teacher (Mr. Q) who served as a role model for how we can connect to children. Think of one role model you had in your life and describe one of their qualities you wish you could live by everyday.**

4. The video describes the NICDAT virus (Nothing I Can Do About That). Miserable people often become cynical. Describe one technique you can use to avoid cynicism, and one way of dealing with cynical people (so that you don't become infected like them)

5. *** A Counseling theory known as Cognitive Therapy was created by Dr. Aaron Beck. He described major cognitive errors we make in our thinking which result in misery. He says we need to listen to our "Automatic Thoughts" because they often lead us to cognitive errors (irrational errors in thinking). Automatic thoughts are the things we tell ourselves over and over when life is not going our way. For example, when you are having a rough day and you are stuck in traffic you may say, "I'll never get home! This is the worst day of my life! People are such jerks!" Beck says these automatic thoughts lead us to cognitive errors. In the previous example, this would be the error of *Magnification*. Another major cognitive error we see in education is *Personalizing*. In the video, Dr. Birchak describes miserable people who work with children. He describes how they personalize a child's behavior "That kid is out to get me!" Name two things you could do to remind yourself to not take it personal when a child acts out.**

6. Building teams is important, and sometimes the whole team has to be doing its job in order to be successful. For example, if you are taking your class to an event, they all need to stay in line and keep their hands to themselves. A lot of teachers single out the non-performing child and punish the whole group. If you are that child, your isolation and relationship with others begins to change you, mostly for the worse. The notion of "mob mentality" was created by Richard LaVoie and he believes that children will be further prosecuted by their peers when this occurs. Describe one way you could work on teamwork while avoiding this practice.
7. Children and adults both have late-day meltdowns, name one thing you can do to help yourself to deal with it.
8. "The only goal of a fight is to win." We often choose to battle with children and it is unnecessary. When you choose to battle with others, what is the unmet need? While you may have won control, every battle results in a loss. What do children and adults lose in a typical battle?

C. Reading discussion questions for Chapter 4 - Collaboration

D. Reading for the next unit- For the upcoming unit read **Chapter 5** in the book *How to Build a Child's Character- By Tapping Into Your Own* (Birchak, 2004, Royal Fireworks Press, Uniondale, NY)