



# Welcome to 'Harbucks' Virtual Coffee House

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**Harvard University: Raising  
Caring, Ethical, Respectful  
Children:  
May 21, 2021**



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# Ask the Experts....



- Harvard University from the “Making Caring Common” project
- Angela Duckworth, Ph.D. Teens and Self-Control



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# The Making Caring Common Project



- **Research in human development shows that the seeds of caring are within each individual**
- **They need to be watered in order to grow**



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# The Making Caring Common Project



- Wouldn't life be nice if...
- A short movie made by “The Norwegian Directorate for Children, Youth and Family Affairs”
- [https://www.youtube.com/watch?v=OTH6Q\\_S16qQ](https://www.youtube.com/watch?v=OTH6Q_S16qQ)



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# The Making Caring Common Project



- **Cultivating caring is important because**
  - **It's the right thing to do**
  - **It will improve our child's lives**
    - **Being kind to others helps us to feel better about ourselves**



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# The Making Caring Common Project

- How do we do this?
- The Harvard Project has come up with 7 guideposts



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# The Making Caring Common Project



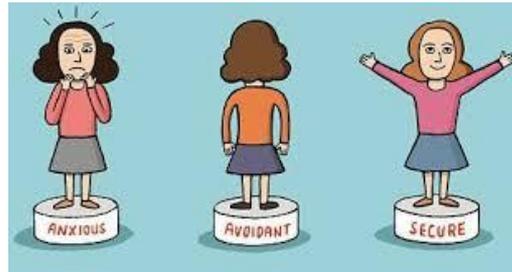
- **#1: Loving Relationships w/ Kids**
  - **Work to develop caring, loving relationships with your kids**
  - **When your kids feel loved, they learn how to form attachments with others**





# The Making Caring Common Project

- An interesting video about attachment:
- <https://www.youtube.com/watch?v=Ch0OExRLT4Q>



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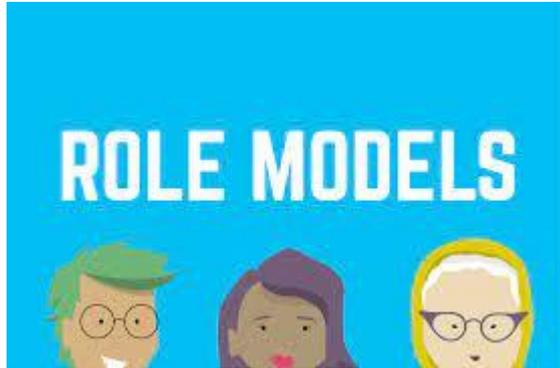
# The Making Caring Common Project

- **How to do this:**
  - **Build in regular time together**
    - **Shared activities**
    - **Predetermined times**
  - **Have meaningful conversation**
    - **Use “turn-taking” to ask questions**
    - **“Best part of your day...”**





# The Making Caring Common Project

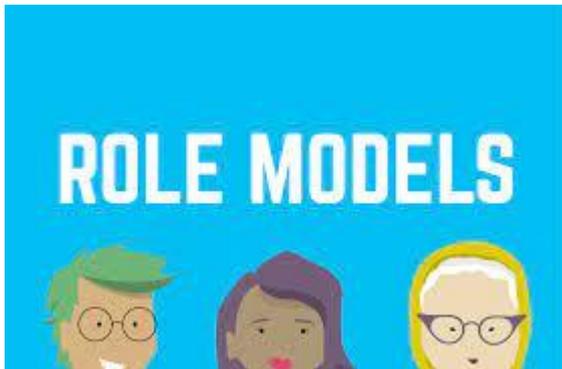


- **#2: Be a Role Model**
  - **Be a strong moral role model and mentor**
  - **“Walk the Talk”**
  - **Pay attention: honesty, fairness, caring, solving conflicts peacefully, spending time talking through difficult issues, sharing feelings**





# The Making Caring Common Project

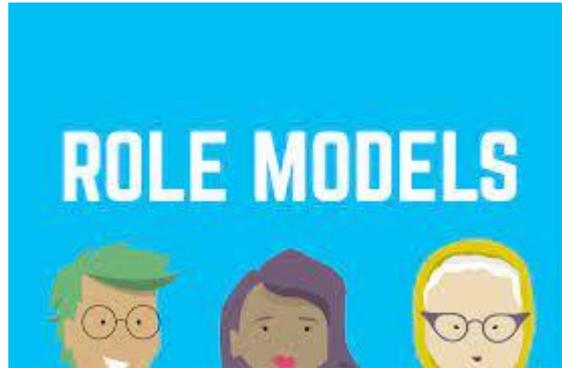


- **How to do this:**
  - **Service**
  - **Honesty, humility, mistakes**
  - **Check-in for feedback when struggling**
  - **Self-care: prayer, walks, mediating**





# The Making Caring Common Project



- An interesting video:
  - <https://www.youtube.com/watch?v=Ytwpzz3NCcI>



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# The Making Caring Common Project



- **#3: Ethical Expectations**
  - **Make caring a top priority**
  - **It is equal to one's own happiness**
  - **Kids today aren't hearing this**
    - **Not about indulgence**
    - **About gratitude**



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# The Making Caring Common Project

- **How to do this:**
  - **The most important thing: happy AND kind**
  - **Ask if your child is a good community member**
  - **Go beyond grades**
  - **Work it out → keep obligations**

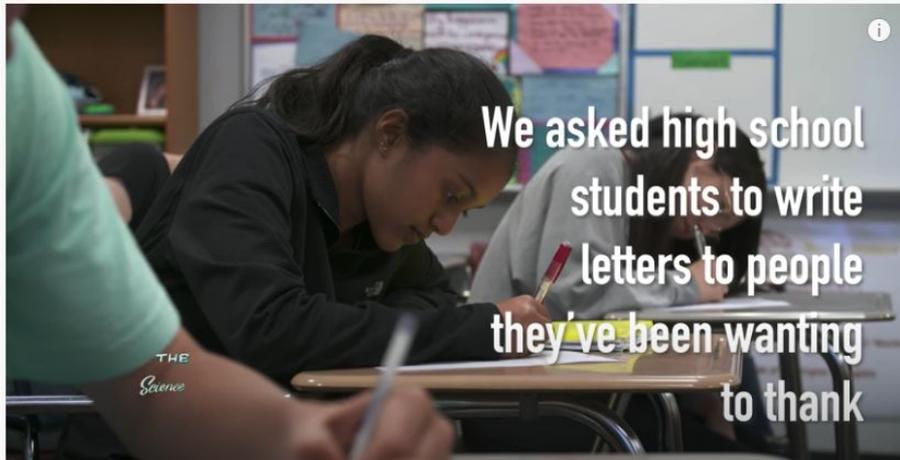


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# The Making Caring Common Project



- **#4: Provide Practice Opportunities**
  - Kids need this practice
  - Expressing gratitude → more helpful, generous, compassionate and forgiving
  - <https://www.youtube.com/watch?v=aqLXGiqT2ZE>



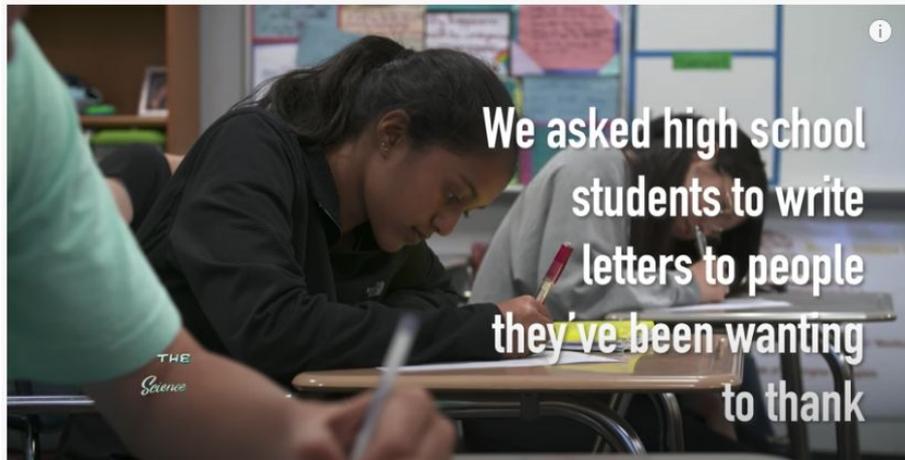
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# The Making Caring Common Project

- **Family meetings**



- **A time to teach caring and fairness but also listen to children as they express their views**
- **<https://raisingchildren.net.au/pre-teens/behaviour/encouraging-good-behaviour/encouraging-good-behaviour-teens>**



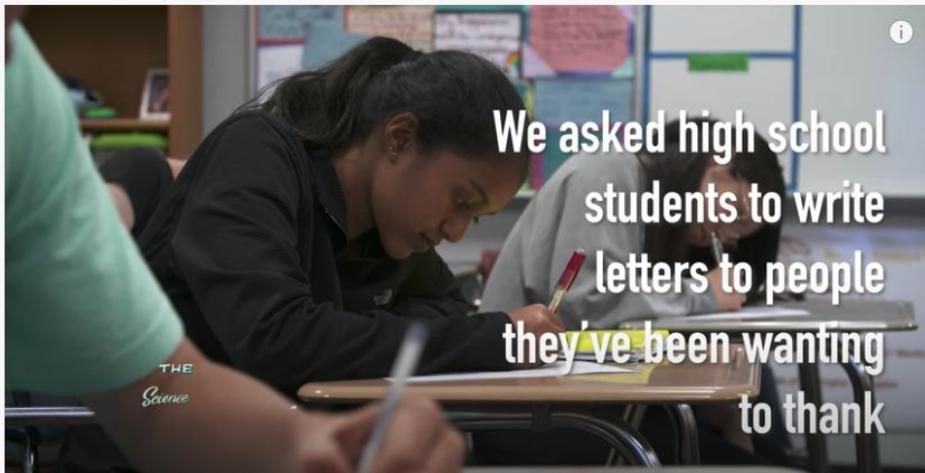
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# The Making Caring Common Project

- **Give them real responsibilities**
  - **Expect them to help routinely**
  - **Only praise uncommon acts of kindness**
  - **Routine acts → Ingrained**
  - **Encourage thanks → Ritual**
  - **Focus on caring and justice**
    - **Seeing/hearing on the news**



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# The Making Caring Common Project

- **#5: Expand Circle of Concern**
  - The goal is to help them empathize about people outside of their circle
  - The new kid
  - The new custodian
  - Someone in a distant country



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# The Making Caring Common Project



- **How to do this:**
  - **Zoom in: by listening closely**
  - **Zoom out: big picture**
    - **Who do they interact with every day?**
    - **How do their decisions impact others**
    - **The community?**





# The Making Caring Common Project



- **How to do this:**
  - **Talk about other children facing challenges**
  - **Zoom out using a newspaper or story from another country/community**
  - **Teach them to practice listening**





# The Making Caring Common Project

- **#6: Promote Ethical Thinking and Positive Change**
  - 4th grade → abstract thinkers
  - Wondering about fairness
  - Ethical questions
  - Conflicting loyalties
  - Leadership roles to improve their communities





# The Making Caring Common Project



- **How to do this:**
  - **Help them think through their ethical dilemmas,”Should I invite my new neighbor to my party even if my friend doesn’t like him/her?”**
  - **Think out loud**
  - **Doing with/doing joining groups**
  - **Taking action against problems**





# The Making Caring Common Project

- **#7: Promote self-control, manage feelings**
  - **The ability to care for others can be swamped by anger, frustration**
  - **Self control:**
    - **Stop**
    - **Breathe through the nose**
    - **Count**





# The Making Caring Common Project



- **#7: Promote self-control, manage feelings**
  - Practice how to resolve conflicts
    - Role play
  - <https://www.youtube.com/watch?v=-sLWG8oseao>



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## Questions & Discussion



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**THANK YOU  
FOR JOINING US!**



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