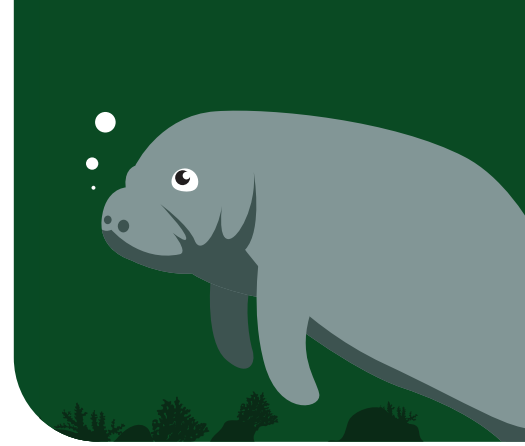


Peace MARCH 2024



SAY IT:

Repeat the definition 5 times as you do jumping jacks.

Peace: Proving you care more about each other than winning an argument

KNOW IT:

ASK A GROWN-UP:

- Have you ever had a meaningless argument with someone? How did it make you and the other person feel? What could have been a better way to deal with it?

ASK A KID:

- Have you had any arguments with your friends or family recently? Was there a way to solve the problem without it becoming an argument?

SEE IT:

In Stephen Covey's book *The 7 Habits of Highly Effective People*, he highlights one of the major causes of arguments- poor listening skills. So many arguments are caused when we fail to practice the habit of "Seek First to Understand, Then to Be Understood." If we truly want to have more peace in our relationships, we will listen to others and try to truly understand what they are saying and how they feel before we try to get our point across. Usually, if we take time to listen and understand, we will find out that the people we are arguing with are more important than the argument. This is a movie clip that demonstrates how better listening skills can eliminate arguing and lead to more peace in our relationships: <https://www.youtube.com/watch?v=2ZksQd2fC6Y>

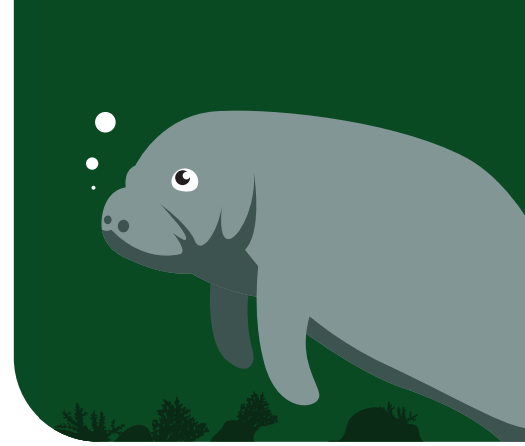
BE IT:

Think of a recent argument you have had with a friend or family member. Can you think of some practical ways you could talk to that person again to let them know you care more about them than the argument? Maybe you could practice being a better listener. Look for examples on TV, movies, or even with your friends/coworkers, where better listening skills could lead to less arguing and more peace.

PHASE

Peace

MARCH 2024



It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

So don't miss it. It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.