

HABIT 4: THINK WIN-WIN

Dear Families,

Habit 4 of the 7 Healthy Habits for Effective Kids is: thinking win-win

When we say "think win-win" at school, it prompts our students to remember:

I win, you win, we ALL win.

Thinking win-win is the key to working well with others. It is the most effective way of thinking, especially in a family. Families that learn and practice win-win thinking are happier, experience less conflict, and are better able to meet the family challenges that arise.

I can practice thinking win-win when:

- I balance courage for getting what I want with consideration for what others want.
- I make deposits in others' Emotional Bank Accounts (I care about their feelings!)
- When conflicts arise, I look for 3rd alternatives.
- I cooperate instead of compete.

This month, encourage your little one to stop and think – How can we practice thinking win-win at home AND at school? Take turns as family discussing what to do when there is a disagreement over what to watch on the television. What do you come up with?

Win-Lose: I get the remote and you get nothing.

Lose-Win: You get the remote and I get nothing.

Lose-Lose: We argue and I throw the remote against the wall

Win-Win: You and I decide to turn off the TV and play cards.

It's not about you or me; it's about BOTH of us.

Rainbow Fish knows all about how to turn a win-lose situation into a win-win solution! Follow the QR code to listen along as we find out how Rainbow Fish masters Habit 4: Think WIN-WIN!

