

Do

Describe the activity you'll have kids do Encourage them to think about what they might see or what might happen. Then, let the participants experience the activity; perform or do it



Share

Ask questions about the activity and the experience after they've completed it. Participants describe their results and reactions.



Process

Ask questions about something that was important about the experience. Kids analyze the experience and reflect upon the results.



Generalize

Apply the results back to real world examples. Ask questions to help kids connect the subject matter to life skills and the bigger world.



Apply

Help participants apply what they learned to their own lives, to give them opportunities to practice these new skills or use new information.



HEAD
(INDEPENDENCE)

Resiliency
Planning/Organizing
Goal Setting
Wise use of Resources
Service Learning
Critical Thinking
Problem Solving
Decision Making
Learning to Learn
Keeping Records

HEART
(BELONGING)

Nurturing Relationships
Sharing
Empathy
Concern for Others
Accepting Differences
Conflict Resolution
Social Skills
Cooperation
Communication

HANDS
(GENEROSITY)

Leadership
Responsible Citizenship
Contributions to Group
Marketable Skills
Teamwork
Self-Motivation
Community Service
Volunteering

HEALTH
(MASTERY)

Self-Esteem
Self-Responsibility
Character
Managing Feelings
Self-Discipline
Healthy Choices
Stress Management
Disease Prevention
Personal Safety



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(GENEROSITY)
HANDS

Why Do Children Act Out?

<u>Attention</u>	<u>Power</u>	<u>Revenge</u>	<u>Inadequacy</u>
Feel a sense of belonging when being noticed; feel important w/ total attention.	Feel a sense of belonging when in control or when usurping power.	Feel a sense of belonging by hurting others instead of begin hurt.	Feel a sense of belonging by convincing others they are helpless or unable.

Preventive Discipline/Proactive Strategies

- Set/Reinforce rules and boundaries
- Create a safe and worry free environment
- Show interest in child's activities
- Provide appropriate and engaging alternatives
- Encourage self-control by providing meaningful choices
- Focus on desired behavior, rather than the one to be avoided
- Build children's images of themselves as trustworthy, responsible, and cooperative
- Expect the best
- Give clear directions one at a time
- Say "yes" whenever possible

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