LESSON TWO:

Although your plan is to use the 1 Rule to find harmonious solutions to any problem situations, if you are too upset for this, you need to calm down before you talk with your child. That's why you create your own Plan for Calm.

PRE-WORK: Your Plan for Calm

TIME OUT: This keeps coming to mind. So let's start with this. It's best if you explain to your family, that in order to keep in a good mood, sometimes you are going to have a time out. And ask them to please not bother you until your time out is over.

Where: As long as everyone is safe, choose your place. If you need to be present, in the room, you might sit in a corner, or even just be there, listening to something on your ear buds (enjoyable music, something inspirational or calming)

How Long: Hopefully as long as you need to get into a good frame of mind. You could decide beforehand and tell everyone, set a timer, or just tell them you'll stop when you feel good again.

During your time out, do something that is satisfying for you, with the intention to feel better:

1. Breathe deep, slow breaths
2. Read for a while
3. Listen to music / play music / sing
4. Take a shower / a bath (if you can)
5. Meditate / visualize / Quiet your mind
6. Work out / dance
7. Call a friend
8. Go work in your shop (if you can)
9. …Something that makes you feel better

Questions

1. Create your own plan for calm, or several options.

© 2022 Karen Ryce All Rights Reserved