Welcome to…

Karen Ryce's Family Zoom Station

Episode 15:

The Bully and the Guardians



During the first part of this one hour show I share tips and strategies that create harmony with kids.
Then we open things up for Q&A and discussion.



HAPPY KIDS
happykidsco.com

Karen Ryce's Family Zoom Station

When I talk about creating harmony with kids, I often bring up the 1 Rule. In any situation where there are differences that might lead to conflict between you and your kids, use the 1 Rule.



HAPPY KIDS
happykidsco.com

Karen Ryce's Family Zoom Station

Using the 1 Rule means…

You find agreement. That's the rule.

The 1 Rule = Agreement

Agreement = Harmony

You find an idea that everyone likes, then you have agreement.



HAPPY KIDS
happykidsco.com

Karen Ryce's Family Zoom Station

When you follow this rule, you find harmony. You discover what needs to shift so that everyone involved feels good about the situation. It has never failed me….when I have used it.



HAPPY KIDS
happykidsco.com

Karen Ryce's Family Zoom Station

Even though I had not isolated it and named it, it was very much a part of raising my children and working with students as a Montessori teacher in our Montessori school as well as with students in public schools.



Karen Ryce's Family Zoom Station

The story I am about to tell you is just an example of the 1 Rule at work in the lives of these characters.
If different things were important to them, if they were in different circumstances, the 1 Rule would still help them find harmony.

Karen Ryce's Family Zoom Station

The Bully and the Guardians

Timmy was walking to school. He was going the long way so he would not meet Jeff. Jeff would always say things that frightened him. Jeff called him names and threatened to beat him up.



Karen Ryce's Family Zoom Station

He was glad that Jeff wasn't in his class. Jeff was older. Timmy was also glad that they didn't have recess and lunch together, but there was after school to deal with.



Karen Ryce's Family Zoom Station

He wished his mom could take him to school, like lots of the other kids. Their moms and dads took them to school, but his mom was a waitress and had to be at work before he left for school. He didn't know his dad.



He got his own breakfast, got ready for school and left extra early so he could walk the long way to school.



Karen Ryce's Family Zoom Station

He and his mom were new in town,
so they didn't know many people.
He wasn't very good at meeting kids.
He was quiet and used to keeping to
himself. He was in the second grade,
but he was small for his age.



When he was just a few blocks from school, he heard a couple of girls behind him. They were talking and laughing. One of the girls said, “Hi.”

“Hi,” said Timmy.



“I’m Pam and this is Jenny. What’s your name? You are new here, aren’t you? Where do you live? I haven’t seen you walking to school before.” These girls were older. They looked like they were in the fifth or sixth grade.



“I’m Timmy. I am new and I don’t usually walk this way. I’m going a different way today. I just don’t want to meet a boy named Jeff. He’s been mean to me.” Timmy felt safe with these girls. He felt comfortable to talk with them.



“I think I know who you mean. He’s in the fourth grade. He’s a bully. He likes to pick on younger kids,” said Jenny.



Karen Ryce’s Family Zoom Station

“Oh, yeah. I know who he is,” said Pam, “I’ve heard about him picking on little kids for a while. We should do something about that.”

“Yeah. We should. I wonder what we could do?” said Jenny.



“Do you want to walk with us, Timmy?” asked Pam.

“Sure. Thanks,” said Timmy.

“We’ll be your guardians,” said Jenny.



Karen Ryce’s Family Zoom Station

“Great name, Jen!” said Pam.

“I sure feel better having guardians,” said Timmy.

“Hey! Maybe we could start a club, The Guardians, and we could help protect little kids from bullies,” said Pam.



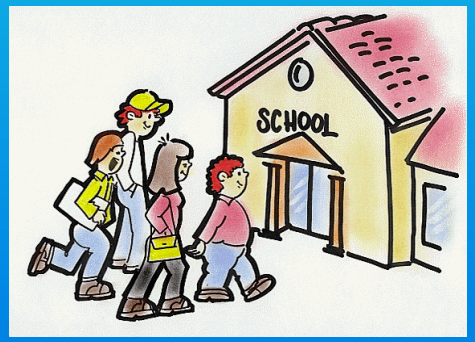
Karen Ryce’s Family Zoom Station

“Awesome idea, Pam!” said Jenny.

“Let’s do it! I’m sure some of the other kids would like to join. Let’s see if we can talk with some of them before class.”

Karen Ryce’s Family Zoom Station

When they got to school, before Timmy went to line up, “Thanks Pam and Jenny. It was fun walking to school with you,” he said.



“We should thank you, Timmy. Thanks to you we have an idea for a great new club,” said Jenny. “Maybe we could have vests or scarves or caps that say Guardian on them.”

“Another great idea, Jen! Do you want us to walk you home after school, Timmy?” asked Pam.



“Sure,” said Timmy.

“You’re in Ms. Jensen’s class, right?” asked Pam.

“Yes,” said Timmy.



Karen Ryce’s Family Zoom Station

“We’ll pick you up there. Just wait for us. Tell her we’re picking you up. She’s nice. She’ll let you wait for us. We’ll be there as quick as we can,” said Pam.



Karen Ryce’s Family Zoom Station

After school the girls walked Timmy home. Two of their friends joined them, a girl named Lacy and a boy named Ken. All the way they were talking about the Guardians. This day they took Timmy's 'long way', but they were talking about taking his short way tomorrow.



Karen Ryce's Family Zoom Station

They all agreed that if they were all together, there would be no trouble from Jeff.

They were right. They saw him, but he didn't come near them.

At the end of the week, when they got to Timmy's house, Timmy's mom was on the porch. She invited the kids for a snack.

"Hi kids. You can call me Kathy."

"Hi Kathy. I'm Pam, this is Jenny, Lacy, and Ken," said Pam.



She said that Timmy had told her all about them helping him and about the Guardians.

She wanted to thank them for helping Timmy when she couldn't and she wanted to share an idea with them, to see what they thought about it.



Karen Ryce's Family Zoom Station

While they were having their snack, she explained that she had been taking a class online learning how adults and kids can get along better and even how kids and kids can get along better. It was called the 1 Rule. It was simple to learn and she was thinking that it might help them as Guardians.



Karen Ryce's Family Zoom Station

“It’s fun, too,” she said.

“How does it go?” asked Pam.

“In the class we have partners we work with and then we perform for the group. Let me tell you how we do it.”



Karen Ryce’s Family Zoom Station

“What’s the rule?” asked Jenny.

“Oh, the 1 Rule is agreement. That’s how we solve problems. We decide on something we both like and we agree to solve it this way. Then we act it out for the whole group.”



Karen Ryce’s Family Zoom Station

“That sounds fun and easy,” said Jenny.

“Yeah, let’s try it,” said Pam. “Lacy, Ken you guys want to try it, right?”

“Sure,” said Lacy and Ken.

“What do we do?” asked Lacy.

“First you choose partners, just for the first solution. You can switch partners later if you want to. Then you decide on a problem you want to solve. Everyone can work on the same problem or each group can choose their own problem.



Karen Ryce’s Family Zoom Station

Just remember you have to solve the problem by figuring out something you agree on because you both like it," explained Kathy.



Karen Ryce's Family Zoom Station

“Let’s think about solving something about bullies,” said Lacy.

“Yeah, that’s what the Guardians are all about,” said Jenny.

“Timmy, do you want to be my partner?” asked his mom.

“I just want to watch,” said Timmy.

“Okay. This time we’ll just watch.”



Karen Ryce’s Family Zoom Station

After about 10 minutes both groups were back. “So who wants to go first?” asked Kathy.

“We’ll go first,” said Pam.



“Okay. First tell us what the problem is you are solving, then show us how the solution works,” said Kathy.

“We decided to solve a problem of bullying during lunch. Sometimes we see kids taking balls away from younger kids. Here’s what we came up with,” said Pam.



Karen Ryce’s Family Zoom Station

She explained that the Guardians would help hand out the equipment at lunch. If someone did not get something to play with, here is what the Guardians would do. Pam played the kid that did not get a ball.



Karen Ryce's Family Zoom Station

“Since all the balls are taken, what can I help you with that you would like to do?” asked Guardian Jenny.

“Man! I really wanted a basketball!”

“There are six groups playing with basketballs, you could join one of those groups.”



Karen Ryce’s Family Zoom Station

“I wanted to play by myself.”

“I’ll go with you and see if you can join one of the groups if you’d like me to. I know all those kids.”

“They won’t want me to play with them.”

Karen Ryce’s Family Zoom Station

“Oh look. Carl is playing by himself now. Shall we go see if he’d like to play with you?”

“I don’t know.”

“Do you want me to go ask him?”

“I guess.”



Karen Ryce’s Family Zoom Station

“Okay. Wait here. I’ll be right back.”

“Carl says yes. Let’s go. I’ll introduce you.” Then Pam and Jenny bowed signaling the end of their play. Everyone clapped. “That was great!”



“Yeah, that should solve a lot of problems at lunch!”

“It makes everyone feel cared about. What a great solution! That could solve the problem of bullying. People who feel cared about don’t bully other people,” said Kathy.



Karen Ryce’s Family Zoom Station

“We’re next!” said Ken. “We’re not going to tell you the problem. You’ll know it when we do our play. I’m Guardian Ken. I walk up to someone on the way to school. Hi Jeff. I’m Ken. Can I walk with you for a while?”



Karen Ryce’s Family Zoom Station

“Mom,” whispered Timmy, “they chose my problem!”

“Yes, they did,” whispered his mom.



Karen Ryce’s Family Zoom Station

“Why?” asked Lacy who was playing Jeff.

“I want to invite you to join our club.”

“Why do you want to invite me?”



Karen Ryce’s Family Zoom Station

“I think you’d be a great member.
I think you’d fit in great in this club and that the club would be lucky to have you join.”

“What’s the club?”



Karen Ryce’s Family Zoom Station

“It’s called the Guardians and we especially help kids who are being bullied by other kids. I figured since you are big and strong that you’d make a great Guardian.”

“What do I have to do?”



Karen Ryce’s Family Zoom Station

“Well, we just started the club and right now we’re helping kids go to school and home safely and helping kids be safe from bullies at school. We get together after school and practice ideas to help kids be safe. Wanna join?”

“I’ll think about it.”

Karen Ryce’s Family Zoom Station

“I hope you decide to do it. I think you’d be a perfect Guardian.”

“Okay. I’ll do it. At least I’ll try it out.”

“Great! Let’s meet where they hand out the balls at lunch. Do you mind if I walk with you to school today, Guardian Jeff?”



Karen Ryce’s Family Zoom Station

They took their bow and everyone clapped.

“I want to be a Guardian for kindergarteners!” said Timmy.

“Great idea, Guardian Timmy!” said Pam.



Karen Ryce’s Family Zoom Station

“You kids have convinced me. I am checking out being able to earn a living doing this work with the 1 Rule. Now I’m convinced. I’ve got to do this. You want to come over and do this regularly?”

They all agreed. “Bye, Kathy. Bye Timmy. See you next week.”



Karen Ryce’s Family Zoom Station

Thanks for being here!

Now it's time for Q&A and Discussion!

Karen Ryce's Family Zoom Station

