Welcome to…

Raising Happy Kids Zoom Show

Episode 7

The Guardians

Harmony With Adults



During this one hour Zoom Show
I focus on sharing tips and lessons on the 1 Rule to Raising Happy Kids.



Raising Happy Kids Zoom Show

Each episode has at least one example of the 1 Rule in action demonstrating how it helps you raise a happy child.
Then we have Q&A and discussion.



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When I talk about raising happy kids
or creating harmony with kids,
I bring up the 1 Rule.



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The 1 Rule = Agreement

Agreement = Harmony

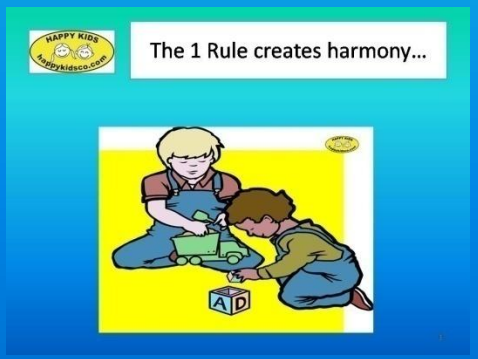
Using the 1 Rule means…

You find agreement. That's the Rule.

You find a solution that everyone likes.

You've found agreement.

You've found harmony.



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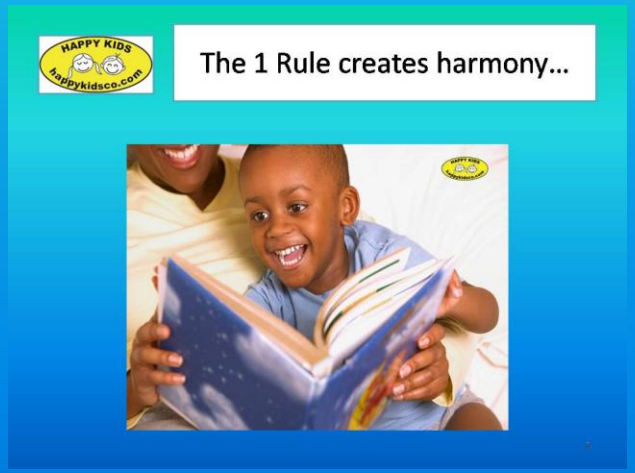
Knowing and following the 1 Rule is all you really need to create harmony between you and your kids.



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In any situation where there are differences that might lead to conflict between you and your kids, use the 1 Rule.



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I learned this strategy from 3yr old children. I was teaching them a complex conflict resolution strategy, actually intended for adults, and they taught me this.



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So don’t think you’re in for a rough time. It’s simple. It’s easy. It’s powerful and effective. It works....if you use it.



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The story I am about to tell you is a slightly different approach to finding harmony than I usually focus on. Today the focus is on kids finding harmony with adults. We also look at a different aspect of the 1 Rule. The 1 Rule still helps them find harmony.



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“Kathy, my mom wants me to come to the next Parent-Teacher-Student Association meeting and tell them about the idea for the fundraiser. She thinks it is a great idea, but wants me to explain it to everyone. I’m feeling very nervous. I’m not used to talking with groups of adults,” said Jenny.

“You’ll do great, Jen,” said Pam.

The girls had stopped by to talk with Kathy. She was their 1 Rule coach after all.

And since she was an adult, they figured she'd have some helpful ideas so Jenny could feel confident sharing the fundraiser idea with all those adults. Jenny's mom said there'd be at least 15 people, including parents and teachers.

“I’m especially worried about talking to teachers. I’ve been pretty lucky and had friendly teachers, but they are not all like that. I hope there are only friendly teachers and parents at the meeting,” said Jenny.



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They were all sitting on the porch, Kathy, Timmy, Jenny and Pam. This was not a regular meeting day when all the Guardians would be there. Pam and Jenny were just walking Timmy home. They hoped it would be a good time to talk with Kathy.



It was. “Well, I certainly understand what you’re talking about Jenny. I sometimes have to deal with very rude people in the restaurant. I always remember the 1 Rule,” said Kathy.



“The 1 Rule!” said Pam. “what does the 1 Rule have to do with talking with rude adults? They are not going to even try to be agreeable.”



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“You might be right about that, but there is something you don’t know about the 1 Rule, and about rude adults. I’ve never explained how we learn to use the 1 Rule with 2yr olds,” said Kathy.

“2yr olds?” interrupted Pam. “I don’t get it. What do they have to do with grumpy adults?”



“I’ll explain,” said Kathy, “because they actually have a lot to do with each other. When we are using the 1 Rule with 2yr olds, we have to do most of the work.



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We have try to agree with the 2yr old and if we can't, we have to help them choose something we can agree with before the 2yr old is determined to get or do something we don't like. Rude adults are kind of like 2yr olds, we have to do most of the work, trying to agree with what they want.



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Just like 2yr olds, they don't know how to even want to find agreement. We are the examples of the 1 Rule in action to both of those groups, 2yr olds and grumpy adults."



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“I do get it!” exclaimed Pam. “They get to see how good it feels to have someone see their side of things and consider what they want is important. Oh! I get it!”



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“I get it too. I can just think of any grumpy adult as a 2yr old who doesn’t know better and be an example of a caring person to them,” said Jenny.



“Yes,” said Kathy, “and the other thing is that probably when these adults were small, people did not treat them kindly and that’s why they developed the habit of being rude or whatever. Maybe using the 1 Rule this way might help them feel better about life and other people. At least that’s what’s in my mind. When is your meeting, Jenny?”



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“I think it’s next Thursday. At least that’s what my mom thinks. She is going to find out for sure.”

“Well, at our next Guardians’ meeting let’s act out talking with adults,” said Kathy.

“I was thinking the same thing,” said Pam.



“Me, too!” said Jenny.

“We’ll do it,” said Kathy. “I’ll explain to everyone what I explained to you and then we’ll do our practice. It feels like building a bridge between people. It feels expansive.”

“It’s what Ken did when he reached out to Jeff and invited him to be a Guardian,” said Pam.

“Yes,” said Jenny, “and that has worked out great. I feel better already and I’m sure I’ll feel great by the time of the meeting.”

“I’m sure you will, Jenny,” said Kathy.

“You are an awesome coach, Kathy!” said Pam. “Well, we’d better go. Bye Kathy. Bye Timmy.”



A few days later, the Guardians were all gathered at Kathy's and Timmy's. Jenny told them about her upcoming meeting with the PTSA. Everyone was very excited about this. Pam explained how they decided to talk with Kathy about creating harmony with adults, even rude, grumpy adults.



Everyone agreed that that was a problem sometimes. Then Kathy explained what she had told Jenny and Pam and Timmy about using the 1 Rule with 2yr olds and rude adults.



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She also explained that they had decided that if everyone felt good about it, this day they would practice finding harmonious solutions when dealing with adults.

She said she'd been thinking about this since they met a few days ago. She knows that we can all understand that adults who are not feeling happy and friendly, are feeling bad inside of themselves. Some of these adults have been feeling bad for a long time.



That's why they are rude or mean.

"Right," said Jeff. Everyone knew he spoke from experience.



“People who feel good inside, people who are happy don’t want to hurt other people in any way,” said Kathy. “So maybe we can be a bit of goodness in their lives, if they come into our lives. It could make a good difference in their lives, maybe even a good, big difference. The 1 Rule can help us do that. So let’s do this!”



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“Yes!” shouted all the Guardians. Then they partnered up and went to create their demos.

“Okay, Guardians, who goes first?” asked Pam.



“I want to go first,” said Jenny,
“since this is all because of me.
Jeff is my partner.”

“Maybe your need started this,
but we all need it,” said Kathy,
“even me.”



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“Our problem is a grumpy father who doesn’t like the idea of the 1 Rule for a fundraising event. He thinks they should have a carnival. Here’s what we came up with.”



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“No way! We always have a carnival. Everyone loves it.”

“I love the carnival, too,” said Jenny. “Everyone has fun there, going to try their luck at the different booths and eating all the delicious carnival food. We have to have a carnival. But I think we can have both.”



“You’re a crazy little girl! Do you know how much work is involved in having the carnival? No way can we do both.”



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“I know it takes lots of people lots of work to do the carnival. This won’t take very much work. We have the place. We can do it here at the school. There is almost no set up involved. Lots of the kids are interested, even some of the teachers and parents.”



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“It doesn’t sound good to me.”

“I understand that, but think of how much money we can raise with just a little work. Every student who participates is going to have their whole family come to see them, and friends, and neighbors.



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All those people will buy tickets and goodies during intermission. We'll make a fortune! Kids love to act, to be on stage. They will only need one day to learn how to do this and to perform at night. We could even do a few of these, inviting kids and families from all over town. Kids from other schools already like the idea of the Guardians."



“Well, the Guardians is a good group of kids. I guess that is a good idea. You are right about making lots of money. Maybe we can use some of that for the carnival.”

“Yes! That is a great idea!”



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Then Jenny and Jeff took a bow and everyone clapped and hooted!

"Wow!" said Kathy. "Awesome use of the 1 Rule for 2yr olds. We'll have to think of a name for that version of the 1 Rule."



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“We want to go next,” said Timmy, “Elaine and I.” Elaine is Jeff’s younger sister and in the same class with Timmy.

“Here’s our problem, well, my problem. Talking with a mean, bossy teacher during lunch. Here’s what we came up with. Elaine is the teacher.”



“Timmy! Get over here and sit down! You know you’re not supposed to sit on that wall!”

“Oh, Mrs. Jones, I’m sorry. I didn’t know that.”

“Don’t you lie to me, young man! No one is supposed to sit on that wall.”



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“I don’t lie, Mrs. Jones. I just never sat on the wall before and it looked like fun. I’m sorry to have bothered you by doing that.”



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“Fun?! Jeremy fell off that wall and cracked his head open. He was my student. And can you imagine! They blamed me for that. His mother, his father, his whole family. They’ve never stopped blaming me for that. So, NO ONE sits on that wall! Ever! I don’t ever want to catch you on that wall again! Do you hear me?”



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“Yes, Mrs. Jones. I won’t ever sit on that wall again. I’m glad you explained how dangerous it can be.”

“Well, yes. I’m glad you understand. You can go and play now. I’m sorry I yelled at you. You go play.”



Timmy and Elaine took their bow. Everyone clapped and hooted. “Great demo you two!” “She sure is mean!” “You were great with her, Timmy.”

“I don’t think I’ll ever be afraid of her again,” said Timmy.

“Me either,” said Elaine.



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“You both did a fantastic job,” said Kathy. “Come here, Timmy.” She gave her son a big hug. “I loved seeing how strong and wise you are. It’s not easy to deal with such really rude and even mean people. I’m so glad that all of you are understanding how to use the 1 Rule with grumpy adults.”



“I’m glad you are not grumpy, Mom,” said Timmy.

“Me, too,” said Kathy. “Who next?”



“I want to go next,” said Ken. “I have some good news and because of that, I want to do something different. I want all of you who want to, to be my partners in this next demo. As you all know, I’m very involved in Scouting. Well, I am invited to speak at a Scouting conference. I’ve been thinking that I’d like to suggest a new badge,
The 1 Rule.”



“Wow, Ken!”

“So I want to practice my presentation. This is just going to be the first time. I’ll probably want to practice it lots of times.”



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After everyone was settled, “I have been invited here to present an idea for a new badge. Even Cub Scouts could start earning this badge. It could go all the way to Eagle Scouts. I learned about it by joining a club called the Guardians. We help keep kids from being bullied and from becoming bullies. I want to propose that we have Scout badges for The 1 Rule.”



Then Ken bowed. “That’s as far as I can go today.” Everyone clapped and shouted. “Great work, Ken!” “You go, Ken!” “Our hero!”



“Awesome, Ken!” said Kathy. “We’ll definitely all work on this. You’re going to give a stellar proposal. Awesome idea! Guardians, I am so proud of all of you! On with the show! Who’s next?”



Thanks for being here!

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

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