

Raising Happy Kids

...in Harmony

Magazine: 2nd Issue Winter January 2021

Harmony with the Roots of the 1 Rule

Interviewing Mr. 1Rule



by Batool Kazmi

Harmonize with Kids



(Training)

Quiz on 2Yr Olds



Positive Respect?



Conflict Into Harmony



This Issue...

FROM THE EDITOR

Welcome to our 2nd issue of Raising Happy Kids ...in Harmony! The 1st 2021 Issue

This magazine delightfully introduces us to Mr.1Rule in an interview with this gentleman submitted by Ms. Batool Kazmi. It also reaches into the past to pull forward elements to support you as you keep harmony in your family.



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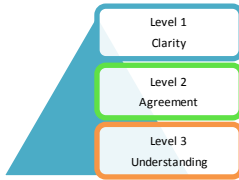
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Ask Karen...

Harmony with the Readers



Hey, thanks Karen! I glanced through it real quick. Looks really interesting. Will take a proper look tomorrow. Together with my friend Marijke from former magazine Educare (education and parenting – the more radical new visions; our ideas are becoming mainstream these days –think mindfulness etc) we’ve been really busy setting up a new site to host the Educare archives and start short courses on everything we learned over the past 30 years. Too bad it’s all in Dutch; I think you would have liked it. If it takes off, we’re considering an English version. But that’s way future for now...Happy new year! - **Patricia Ritsema van Eck**

Hi Patricia, I hope you will approve if I include your message as a response from a reader, including your information about the Educare archives. Please let me know. I’m completing the second magazine this week. I hope all is well with you. **Karen Ryce**

Hi Karen, yes, sure. In case you need a link to the archives: <https://www.villa-overvloed.nl/course/tijdschrift-educare-onbeperkt-toegang>

Thanks and take care!

Nice little magazine. I finally figured out what rule no. 1 is after some digging. Getting agreement is not so simple unless it is practiced from the beginning and then it can be achieved with grace and mutual satisfaction. Without practice it can work with a very patient parent.

Peter Ryce



Hello. My name is Brian Kasperitis. I am an educator and parent from Houston, Texas. A few years ago, I became aware of fellow educator, Karen Ryce and her educational books; more specifically, ***The 1 Rule***.

What impressed me about Karen's concept, ***The 1 Rule*** is that it works!

Let me explain: When I started utilizing Ms. Ryce's suggestions with my 30 yr. old daughter and my 3 yr. old granddaughter, I noticed amazing results, immediately! In short, ***The 1 Rule*** concept of raising positive kids in this negative world has changed my life and too, my relationship with my daughter. Also, I have witnessed positive results as well with the developing behavior and actions of, and decision-making abilities of my 3 yr. old granddaughter.

By simply implementing a few basic concepts, as ***The 1 Rule*** suggests, I was able to create a vocabulary and a sense of insight that has enabled me to obtain a mutual trust with my girls and in return, they show me respect and a similar trust that we together are able to work well with each another as we obtain positive results and live a life full of kindness and harmony amongst ourselves as well as the other folks that we interact with daily.

If you might be looking for a method that could assist you with interacting positively with adults and children alike, I encourage you to seek out Karen Ryce and get your hands on one of her

educational resources including **The 1 Rule** concept for raising positive, happy and harmonious children.

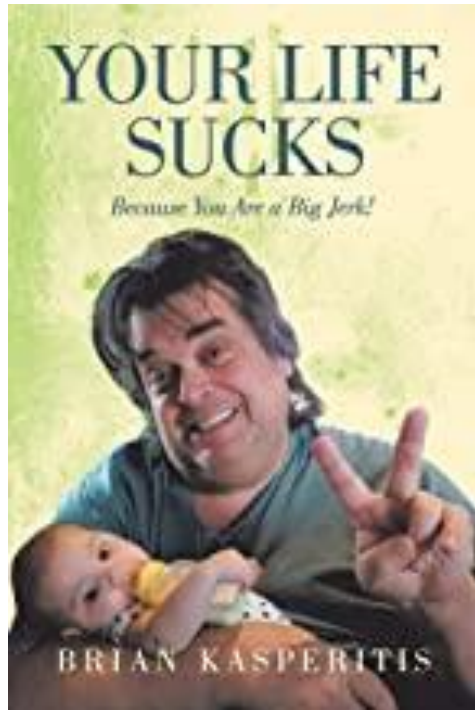
Brian G. Kasperitis

Kingwood, Texas

www.BrianKasperitis.com

www.facebook.com/brian.kasperitis

www.youtube.com/results?search_query=brian+kasperitis



Reviewed in the United States on July 17, 2019

What a great book composition ! Anyone can relate to Mr. Kasperitis' subject matter. This is easy to read, concise, and most importantly for me - it reads as if he were talking directly to me ! His text is very thought-provoking while offering suggestions - not commands. The reader can extract other subject matter directly from his text - He does not preach - rather he provides interesting stories and anecdotes to support his ideas. This is perfect for coffee tables doctor's offices and such. If you like encouragement - Buy this book ! And carry it with you!

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To learn more and Buy from Amazon NOW click the link below:

https://www.amazon.com/s?k=your+life+sucks+brian+kasperitis&ref=nb_sb_noss

Harmony & the 1 Rule



How can the 1-Rule and you become good friends?

Don't be surprised! "A friend in need is a friend indeed", I'm sure you all have heard this proverb. Well, so if 1Rule acts as a friend and helps to pull you out from problems' pool then what do you think about it? So let me tell you I interviewed Mr.1 Rule and guess what he shared with me a lot of important things. Here I am sharing those with you all.

Me: Greetings, Mr. 1Rule, I am a big fan of yours. You have changed my life. I want you to share the secret with my friends too.

Mr.1Rule: Hi, friends, thank you so much to those who know me and have accepted my friend request and those who don't know me will get to know me soon. Well! I am always there inside you. You need to find me in your thoughts. My family has members: harmony, love, agreement.

Where ever you see these members, you will find me. I am not a magician but people call me "Mr. Magic" too.

Me: Mr. Magic then tell us the secret of your magic spells.

Mr.1Rule: Dear, when you have time, think a lot about the solutions to your problems rather than making a list of your conflicts. Find the root cause. Go from base rather than top. Here are some tips:

Firstly, love yourself, respect yourself too. Don't expect from others too much. Be contented with what you have.

Then, be a good listener. When you listen to others, they will listen to you too.

Lastly, accept happily the decisions you all make taking others in confidence.

Me: Wow, what very good advice. Anything else?

Mr. 1Rule: We all are humans and not angels right? So don't run for perfection. Try to achieve harmony, love and satisfaction. Do meditation, talk to nature feel the beauty of nature. You will feel very strong from inside. When you are trap in darkness with no solution, give yourself a challenge! Either be a swimmer or a sinker? You want to swim or dive into the problem.

Obviously, your answer will be swim. Then, move up and think positive. Accept the challenges.

If you have Mr.1Rule in your family then knots will untie sooner than you accept them too. Your inner harmony will show you the victory.

Me: Thank you so much. I hope your message has reached to families but can I ask you one last question?

Mr.1Rule: Why not? Mr.1Rule has to answer because that's my Rule.

Me: Great! Tell me why should others follow you? Do you have specific followers categories or any age-group can following you?

Mr.1Rule: Excellent Question! So here is your answer. All age groups and genders can follow me. I bring harmony for children because that's where I started to work from. If you keep your roots strong then your plants will flourish stronger.

I help to maintain respect for all ages and group. You know if harmony and agreement both my brothers are there in your family, I'm there too. Lastly, invite me as a guest and you will see the difference that how I become your family friend forever. This is my promise to everyone.

Me: Love you Mr.1Rule and you Rock!

Will interview soon again.

Mr.1 Rule: Pleasure, and friends come on what still reading?...Start following me.

I have a long list to see.

Bye- Meet you soon.

Thank you
I hope the readers got the message of love, harmony and agreement.

Batool Kazmi
Educator
Raising Happy Kids Magazine
Asian Representative
Islamic Republic of Pakistan

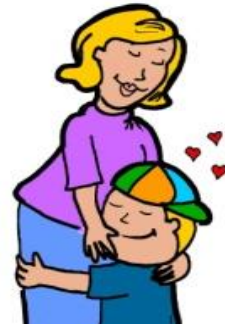
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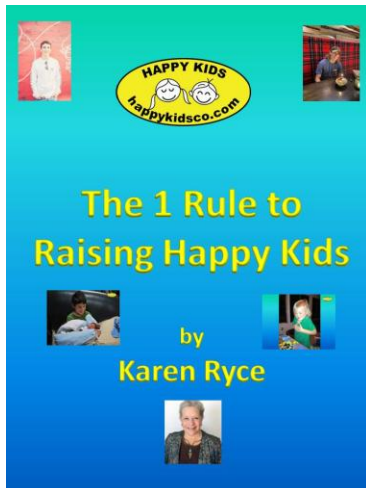
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If you prefer to work on your own, you might prefer to purchase (\$19.00) my latest book, *The 1 Rule to Raising Happy Kids*. Besides enough supportive information, it includes the complete *Happy Kids The 1 Rule: The Training*, including all 12 Lessons, the Pre-Work and the Bonuses.

For more about *The 1 Rule to Raising Happy Kids*

(COPY/PASTE the link below into another tab:

<https://www.happykidsco.com/1rulerhkoffer.html>

FEEL Loved in Harmony



So Kids Always *FEEL* Loved

Kids love this method! Period. The kids in one classroom gave me a spontaneous standing ovation after I shared this method with them. Because of the positive results I have achieved with kids, I've been called the Miracle Worker of Education and Parenting. One teacher who sat in on a session I did with three of her students, proclaimed, "That is a miracle!"

The 1 Rule is specifically designed to help you create harmony with the kids in your life, **without using punishment** or feeling like you are losing out on what's important to you.

It prevents you from slipping backwards into negative interactions with your child, interactions that don't feel good to you or your child.

Using the 1 Rule creates an unbreakable love bridge between hearts. It ensures that you and your kids always *feel* loved. This is what helps you raise a happy child. Because the process and the results feel so good for everyone, it quickly becomes a habit, so maintaining it becomes almost effortless.

Harmony between Adults & Kids



Healing the Root Cause of Conflict Between Adults and Kids

First let's understand the root cause of conflict, especially the conflict between adults and kids.

In just about anything you can think of there can be differences between two people.

Picture this: no one has the same point of view. That means that no one physically looks out of your eyes, except you. If two or more people are looking at the same thing, each person's point of view is different, if only slightly. And that's just the beginning of differences.

That's not to say that we don't have many things in common, but when we have differences that seem to oppose each other, **and** do not know how to resolve them in a humane and peaceful manner, conflict develops.

When the relationship between adults and kids is involved, the Invisible Root Cause comes into the picture. Root Cause: because it is the cause of the problems. Invisible: because although it's one of the most common ways for adults to treat kids, it's never talked about. It's as if it were invisible. In case you haven't yet learned about the Invisible Root Cause of problems that develop between kids and adults, it's this:

- It's an attitude that adults have been programmed with from the time they were children. It dictates how they are to relate to the kids under their care. As an eight-year-old boy once told me, "They treat me like I'm a slave!" The attitude that adults have developed says, "I'm in charge. I get to have things the way I want. I can make you do what I say, in fact, it's my duty to do so. And I don't care what you want!"

Believing that just because you are the adult, you get to have things just the way you have thought of having them, without any consideration necessary for any kids involved is bound to create a situation of conflict. It's conflict waiting to happen.

This attitude, the Invisible Root Cause, adds to the conflicts that develop because everyone has differences, and often people don't have the skills to resolve their differences peacefully.

I'm sure you can imagine some of the differences: differences in interests (some of us like to read and some of us would rather play video games), differences in beliefs (some of us believe in 'the work ethic' and some of us believe that 'life is a playground'), differences in values (some of us value cooperation and some of us value competition), differences in likes and dislikes (some of us like chili and some of us don't).

You may say that conflicts with kids develop because the kids did something you didn't like, or that made you mad, or that was wrong, but the differences between you are at the basis of what they did and what your reaction is.

Think about it: when you are angry with your children it's because they wanted one thing and you wanted another, whether it was over bedtimes (you wanted them to go to bed – they wanted to stay up), homework (you wanted them to do their homework – they wanted to watch TV), chores (you wanted them to do their chores – they wanted to go to their friend's)...whatever the issue.

Learning how to harmonize differences and resolve the resulting conflicts in a humane and peaceful manner is what the 1 Rule is all about. You also learn how to avoid getting into conflicts in the first place.

The following insights, “Kids’ Work”, “Developmental Blueprint”, and “Adults First”, were for a Breakout Session I conducted at a National Assembly for the Women’s Federation for World Peace in Washington, D.C. I was asked to provide the most healing information I could, to help heal the relationship between parents and their children.

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Harmony with Kids



Kids' Work

First, do you realize that children have a very important job to do, as important as any job on earth? It's their job to create an adult, specifically, the adult they become. And one of our jobs is to help them do this, and hopefully do an excellent job of it. The 1 Rule is created to help this happen. It is distilled from over 47 years of focused attention, observation, experimenting, inspiration and caring. That's why experiencing, understanding, and using the 1 Rule is so important. It not only makes your child's job much easier, but it makes your job, as a parent, easier, too.

Developmental Blueprint

The second point concerns the developmental blueprint of your children. It has been suggested that this is in our DNA. No matter what you think they are doing (testing you, defying you, following orders...), their primary goal is to create the adult they become.

When a baby exercises the necessary muscles and develops the necessary coordination to begin walking, this is evidence of the developmental blueprint which dictates how to accomplish this.

Can you imagine creating the training schedule? Are you equipped to do that? Also, how could you provide the baby with the motivation? Think of all the skills and the perseverance it takes to develop from being unable to move much to being able to stand erect and to walk.

Imagine all that an infant must learn and develop in their first three years of life. How is it that all the coordination necessary to speak comes about? Within three years a child develops from no known

spoken language to a basic knowledge of the language or languages in their environment complete with fairly accurate pronunciation and great understanding.

It is not the parent who makes sure that the baby discovers how to make the sounds of their language and then practices them, and yet the baby, on their own, practices enough to be able to speak the language by about two years of age, if not sooner. By three they are fairly fluent.

Something motivates human beings to master the necessary complex coordinated actions, whether the parent pays attention or not. This developmental blueprint with its inner motivation ensures that a child masters certain abilities. **The child must do what the blueprint dictates.**

Adults Create Harmony



Adults First...

Here's the third healing point, one of the most important and one of the most easily missed: Kids learn from adults. That seems to be built into the human species. Kids are not born speaking a language and ready to fully participate in family life. Human beings need to learn the language or languages spoken by those around them, especially their parents. They also need to learn how things are done, from those same adults.

Keep this in mind. Think about it. When it comes to respect, parents need to give respect to their kids first. They need to show how it's done. They are the models. Your kids need to observe you when you treat them respectfully, see what you do and how you do it, and experience how it feels. Then they can imitate you.

If you can't think of another reason for being respectful to your kids, you can think of respecting your kids this way: Their job of creating a wonderful adult human being is certainly a job worthy of respect. So let's help them do it.

Respect in Harmony



Why Positive Respect?

You might ask, as some have: Why respect? Why not love? As I explain, parents do love their kids, even though sometimes the way they are treated might seem like punishment to the kids. So they don't **feel** loved.

Respect changes this situation. When you are committed to being never less than respectful, a foundation is created that ensures that your child always feels loved. 'Never less than respectful' means that you only treat your child in ways that feel good to them. The 1 Rule ensures this.

I discovered many years ago that treating kids respectfully brought about a very enjoyable relationship. They became cooperative instead of resistant. They were not only willing to do what I asked, they were often eager to do what I asked, because they trusted me. They became caring and respectful to other kids and to other adults. They were happier. I was happier.

I began to make every possible effort to ensure that I was never less than respectful to kids. This became the foundation of our relationship. They treated me the way I treated them.

I didn't fully understand what I was doing at the time. I knew I was being respectful. In fact, when I was asked to share this, the phrase 'The Power of Respect', was what came to mind and what I used.

Years later I realized that I was actually demonstrating how to use Positive Respect. That means that I treated the kids respectfully **AND** I treated myself respectfully, **at the same time**. This little word 'and' is what makes Positive Respect so powerful and so different from what most people think of as respect*. That 'and' stands for **a huge difference, a whole person difference! It creates the bridge between hearts and it results in harmony.**

*(*The **traditional practice of respect** is that you treat others respectfully, no matter what you think of them, even at your own expense. In other words, you learn to treat someone else respectfully even if you have to be **dis-respectful** to yourself. This practice is so common, that it is actually a modern dictionary definition of respect. In the Microsoft Encarta College Dictionary: The definition for respect says "...admiration," that's fine, "and deference toward somebody..." Deference means that you put someone else's needs **before** your own! So they get good treatment, because they are 'worthy' of respect, and whether you have to suffer or not is not considered important.)*

Your Positive Respect Mindset

A Positive Respect Mindset is knowing that there is a respectful solution and being determined, committed to finding it. It is built into the 1 Rule.

A core belief of a Positive Respect Mindset is that you and your child are equally important. Here are three agreements of a Positive Respect Mindset:

1. We are each important
2. We each deserve to have what we want
3. We use Positive Respect to help this happen

There is a way that everyone involved can get their needs met, and together you can discover it.

Three year old children have found this very easy to master once they discovered that it's an option. The 1 Rule is even easier.

Most likely, to some degree or another, this is going to involve adding new habits of thought and action and releasing habits that don't help you stay respectful.

Your love for your kids, wanting the best for them is all the motivation you need to get started.

Once you feel the pleasure of finding mutually agreed upon solutions, you'll never want to stop.

The Power of Respect or Positive Respect is the foundational work that has led to the 1 Rule. The 1 Rule is the streamlined, easily accessible system based on the Power of Respect. It was my second major revelation. The first was the Invisible Root Cause of the problems that develop between adults and kids. The 1 Rule is the perfect solution to that. Just using it prevents problems between adults and kids from developing.

In Harmony with Your Parenting



The Model Parent

As an adult, especially as a parent, you are a model for kids. A parent is the most intimate example to a child of what it means to be an adult: how they act, how they think, speak, feel, treat others, treat themselves.

Kids observe what adults do. Even when kids train themselves to be obedient to adults, part of their behavior is motivated by the behavior of the adults in their lives, how these adults respond to various situations, and especially how these adults respond to them.

Remember, you are always an example to the kids around you, and at some point they may try out your behavior. Realize that kids observe such behavior at close range.

Become clear about your values and about yourself as a model. Do you model the qualities and behavior that you value and would like to see in your kids? Do you value honesty? Are you a model of honest behavior for your kids?

Do you value helpfulness? Do you value a non-complaining attitude? Do you model these toward your kids? Do you use the 1 Rule to find harmonious solutions?

1. What if I'm afraid to trust my child's judgment?

You may have good reasons for this. However, you can move from where you are to where you want to be: trusting them because they've proven themselves trustworthy.

You could start with small, safe situations. Discuss this process with them. Tell them you want to be able to trust their decisions. Make sure they agree that this is a good idea. Now you can both learn what you need to learn. They can learn to be trustworthy and you can learn to trust them. You both need practice. Keep this going.

It might be more effective, though it might be more difficult for you, to start with something that means a lot to the child. Discuss it thoroughly. Make sure you both understand how you want it to go. They are likely to make their greatest efforts to be successful if it is something they want to happen.

Eventually you'll be able to trust them and they'll prove themselves worthy of that trust.

Then even if things don't go as you both intended, you'll both know that they've done their best to be trustworthy and there is no reason to stop trusting them.

2. What is the importance of the 1 Rule and harmony in raising children?

If you develop the habit of using the 1 Rule and the resulting harmony as your foundation in relating with your children, then you don't do anything that is less than harmonious.

This makes children feel safe and important. This allows them to keep their inner strength and helps them make the best of whatever comes their way.

Most of all it allows the love that a parent feels for their child to reach that child, so that that child can feel loved. There may be other ways for this to happen, but this is one way that works.

3. Why focus on the 1 Rule and harmony instead of love?

Love is there. Love is a given. Unfortunately, when punishment is one of the common ways that parents relate to kids, this does not feel like love to kids. Kids do not feel safe, important and loved.

They are loved, but they don't feel loved.

It is so that kids feel loved at all times that we focus on the 1 Rule and harmony.

Harmony with 2Yr Olds



Making Choices

* 2-year-olds are very busy creating the components of strong and well-functioning will power:

- The ability to want
- The ability to be determined
- The ability to persevere
- Putting all these abilities at the service of their intelligence
- It is almost impossible for them to do anything that is contrary to this

* However, knowing this makes it easier to work with them.

* You can help change the direction of a 2-year-old's will if you catch it early enough

- Give them opportunities to cooperate with you
- Tell them how much you appreciate their help
- 2-year-olds like to work, to be helpful, useful, needed
- Be alert
- Quickly offer them an alternative on which to practice 'willing' when what they first choose does not agree with you

* Once they become fixed on something, then the other practices come into play, 'being determined' and 'persevering'

- At this point your suggestion has to be really attractive to them for them to change**
- Otherwise, it's easier and more peaceful, if it's possible for you to do this, to go along with them, looking for the first opportunity to change their direction
- Remember, this period is very important in human development
- It doesn't last very long **if** they get to do it properly
- Though I know that it can seem eternal when you're right in the middle of it

*** When you ask a 2-year-old to stop doing what they are determined to do, you are asking them to go against what their developmental blueprint is making them to do... unless you can convince them to willingly change their focus to something more interesting. That is completely in harmony with the urges and needs of their development.*

Some people say this is bribery and that it's wrong. Is it wrong that people get paid for working? When you are doing something for someone else, using your time and energy to do something that they want, instead of what you might want to do at that moment, is it wrong for them to do something for you in return? It might be good for you to want to help them no matter what, but is it wrong for them to offer something to you? How many people would go to work if they were not paid?

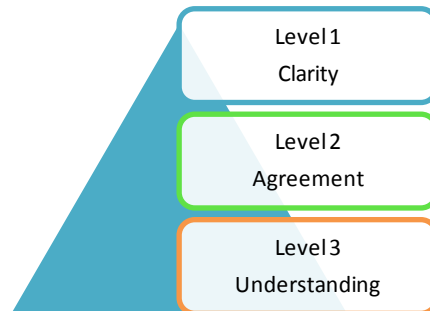
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Here's some of what you learn in the online course "Harmony with Your 2Yr Old":

- HOW a 2yr old can be easy to live with!
- This gives the 'Terrible Twos' its name: What to do when your 2yr old is determined to do something you don't want them to do, while keeping your cool and theirs? This alone is worth the course!
- You'll learn how easy it is to prevent tantrums and how to do it
- How to use 'interest' to help maintain harmony
- And so much more... **To learn more and/or buy, COPY/PASTE the link below into a new tab:**
- <https://www.happykidsco.com/2yrgot.html>



Harmonize *Fast* Formula



The 1 Rule: The Training

Bonus Training: Harmonize *Fast* Formula

The Harmonize *Fast* Formula can work simply, quickly as long as you remember to adopt a Positive Respect Mindset. This is what makes the strong foundation. This is the bridge between hearts that ensures that it works easily. Remember the three elements:

1. We are each important
2. We each deserve to have what we want
3. We can use Positive Respect to help this happen

Level 1.....Clarity: The Lightning Round

Misunderstandings cause many problems. I have witnessed this too much in ordinary conversations. Clearing up possible misunderstandings is the first round of the Harmonize *Fast* Formula.

This is the fastest and easiest round, and the beginning point. Sometimes simply, clearly understanding what the people involved want and don't want, mean and don't mean, untangles the situation, like the following story of the two sisters and the lemon.

(Two sisters lived together far from town. They didn't talk about it, but each was planning to use the lemon in the refrigerator the next day. In the morning, they both went for the lemon. When they realized that they both wanted to use the lemon, each thought that she would let her sister use the lemon. When each ended up explaining why she wanted the lemon, it turned out that they could both

use the lemon! One sister wanted the juice for lemon water, to do a one day fast. The other sister wanted to use the zest for some cookies. ...Imagine how many solutions might be discovered with simply understanding what the people involved want and don't want.)

It is important to be sure that communications are clearly sent and clearly received. It might not be good enough to assume that they understood you or that you understood them, it may be necessary to confirm the understanding. **"I heard you say..."** (for example, "I heard you say that you only want the lemon juice. Is that right?") or **"So you want me to..."** (for example, "So you want me to use the lemon?") or **"Did you mean...?"** (for example, "Did you mean that you only need the lemon zest?")

Once there is clear understanding, if a solution is not discovered, at least you come out of this round knowing what each person wants and so you do have a clear understanding of the goals.

Level 2.....Agreement Round

In this round, the first idea that everyone likes is the solution. This is what I learned from three-year-old children. They easily and almost instantly adopted a Positive Respect Mindset, once it was introduced to them. They were introduced to the three elements:

1. We are each important
2. We each deserve to have what we want
3. We use Positive Respect to help this happen (this wasn't formalized at the time)

So when differences came up, they would quickly and easily find harmonious solutions...on their own...after they understood how it worked.

If the Agreement Round does not reveal a solution, you can go deeper into understanding why.

Level 3.....Understanding Round

You each get a chance to explain why you like a possible solution and/or why you don't. This gives everyone more information and can result in a winning solution. A winning solution is a solution that everyone involved likes and agrees to.

It brings to everyone's awareness what the people involved are thinking, needing, feeling. It often only takes minor shifts that one person thinks of, but others hadn't...and a solution is revealed.

If these strategies don't help you discover a solution that you all like, you can harmonize using "Seven Steps to Harmony." (used to be End Conflict NOW!)

Here is my belief about using the 1 Rule: in every moment there is an option of harmony and it is in that option of harmony that you find the harmonious solution to any situation. Children are very close to a state of harmony, that's why they take to the 1 Rule so easily and quickly. In fact, they taught it to me. To easily find a harmonious solution get into a state of inner harmony and the outer harmonious solution reveals itself.

Harmonious Stories

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. That's how it works.

Welcome to... Karen Ryce's Family Zoom Station Episode 15: The Bully and the Guardians



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.

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

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 go the long way to school.

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'm 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.

"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.

"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.

"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."

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.

“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.

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.

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, his 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.

Kathy 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.

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.

“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.”

“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.”

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

“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.”

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. 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.

“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.”

“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.”

“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.”

“Okay. Wait right here. I’ll be 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.

“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?”

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

“Yes, they did,” whispered his mom.

“Why?” asked Lacy who was playing Jeff.

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

“Why do you want to invite me?”

“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?”

“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?”

“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.”

“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?”

They took their bow and everyone clapped.

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

“Great idea, Guardian Timmy!” said Pam.

“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.”

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Harmonious Answers



Ask Karen...

Q: What if a problem occurs in a strife situation. Like getting out the door for school or eating at a public place or at grandmothers doorstep.

I think a distinction should be made between a family working on ‘agreement’ from the get go and those that are picking up rule no. 1 at a later date. Age appropriate for 2-4-6-8. What to do when frazzled, at the end of the rope, tense or just out of time. Remember you are not only talking to the choir.

Peter Ryce

A: Let’s say you just learned about the 1 Rule. You like it and you really want to use it with your kids. Even though you have pointed out some of the most difficult times to start using it, it still can be done, even if you are not skilled at it.

Think, imagine, remember how much time, energy and general unhappiness for everyone involved it takes to try to force things to happen. You can do that in a few seconds.

Then decide you are going to give the 1 Rule a try. You don’t have to commit. That could add more stress to an already stressful situation.

I’m glad you brought up the concept of “age appropriate.” I have a distinct variation for working with 2yr olds. Actually, it is what I now recommend when starting out using the 1 Rule whatever the age of the child.

So, once you’ve decided that you want to use the 1 Rule, also decide if you can agree with what your kids want. If you can, you have successfully navigated your first encounter with the 1 Rule. (This is what you have to do with 2yr olds, in certain situations. This is a specific lesson in my training on the 1 Rule.)

If you cannot think of any way to agree with what they want, stop what you are doing and what they are doing. Let them know that you are having a problem and you want to solve it in a way

that everyone likes. And it has to happen fast because (fill in the details quickly)...otherwise you are going to decide what has to happen.

“So, who has an idea that might work for all of us?”

This can all happen in minutes. Remember how long struggles take and how awful they feel.

I would not normally recommend starting with the 1 Rule in such stressful situations without the preliminary work I DO recommend in my classes. If someone had worked with me or taken my training, they would have, at least, been introduced to creating their Plan for Calm. That gives them more resources I stressful times. They would have introduced the idea of the 1 Rule to their kids.

Chances are good that they would have had several successful mini 1 Rule sessions with their kids and expected to be successful even under stress. Having been successful, they know how good it feels for everyone and so do their kids.

One other thing that motivates parents to use the 1 Rule is that they do not want to be giving their kids the message that what the kids want isn't important, that the kids aren't important. What parent would intentionally give that message to their child? Once they realize that is the message being given.

Thanks for your questions. Because of my thinking to answer them, I'm going to make some changes to my introduction to the 1 Rule.



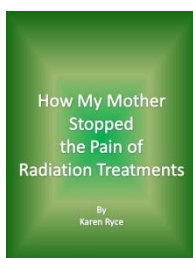
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