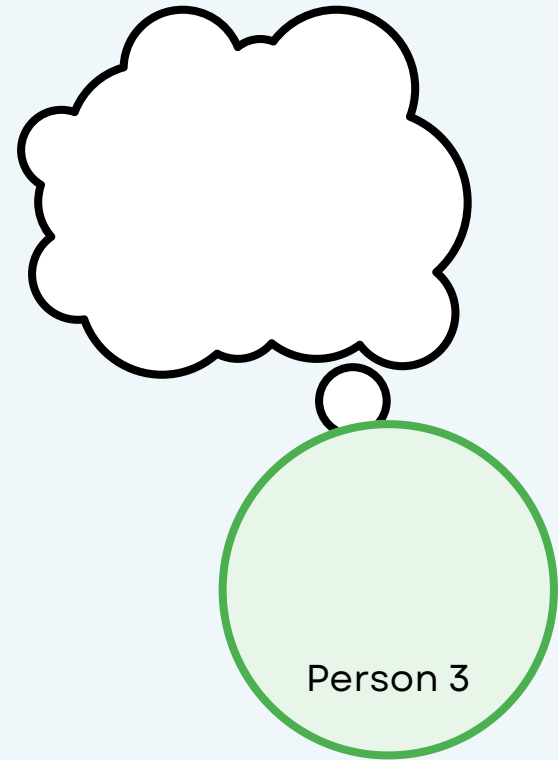
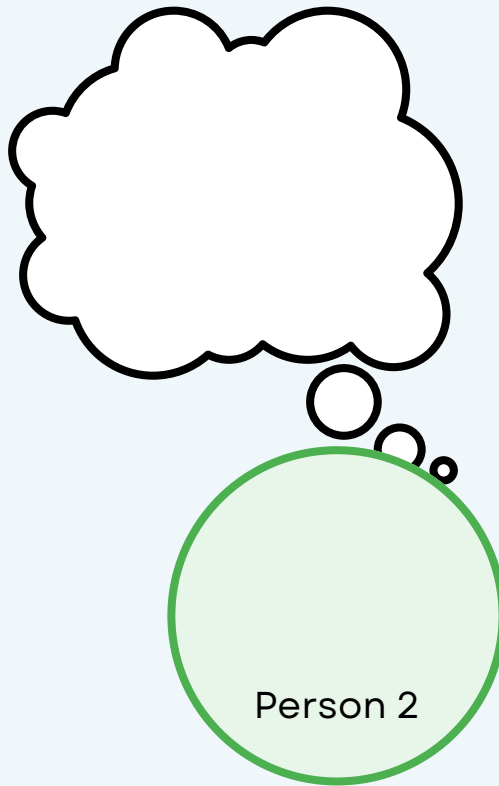
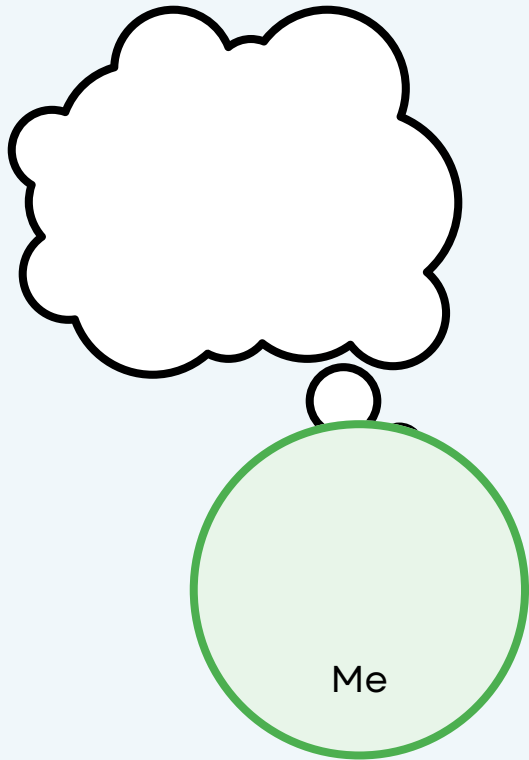




✨ Practicing Perspective Taking ✨



Think of a time when you were in a conflict. Can you describe what you thought? How you felt? And what you needed? Then can you do the same for others? [Hint: This is really hard]



Feeling:

What I needed:

Feeling:

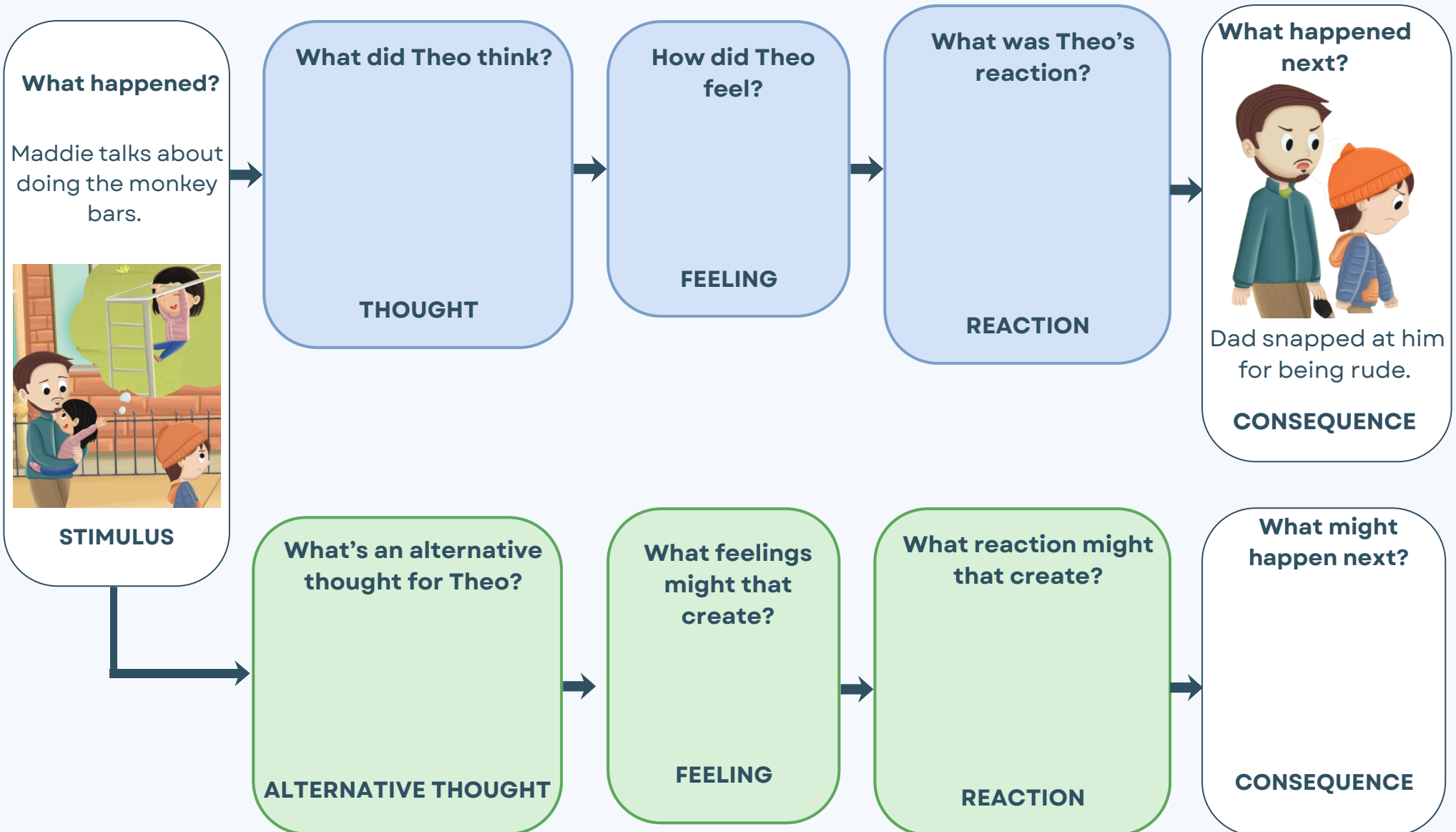
What they needed:

Feeling:

What they needed:

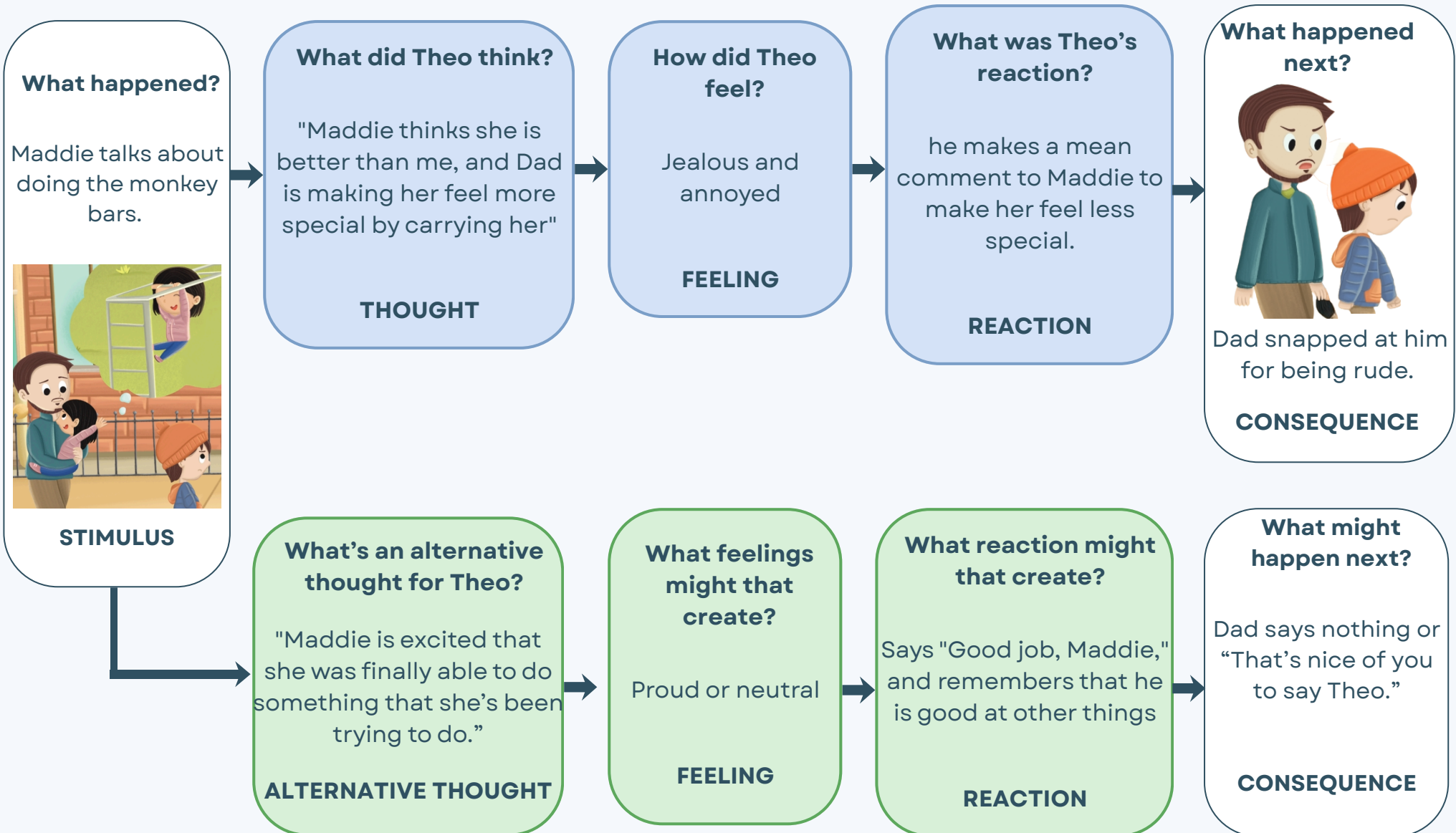
USE ALTERNATIVE THOUGHTS TO CHANGE THE STORY

An “alternative thought” is a powerful tool you can use to change how you feel, your reaction, and the resulting consequence. Look at the chains below. In the top row, show what happened in the story. Then in the second row, explore how new thoughts would have changed the story.



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SITUATION



THOUGHT



FEELING



REACTION



CONSEQUENCE

What happened?

Theo says “Oh Maddie, Maddie, Maddie” after she spills



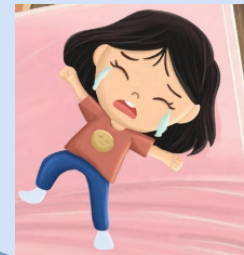
What did Maddie think?



How did Maddie feel?



What was Maddie’s reaction?



What happened next?

THEO!!



What’s an alternative thought for Theo?



What feelings might that create?



What reaction might that create?



What might happen next?

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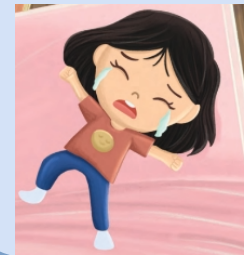
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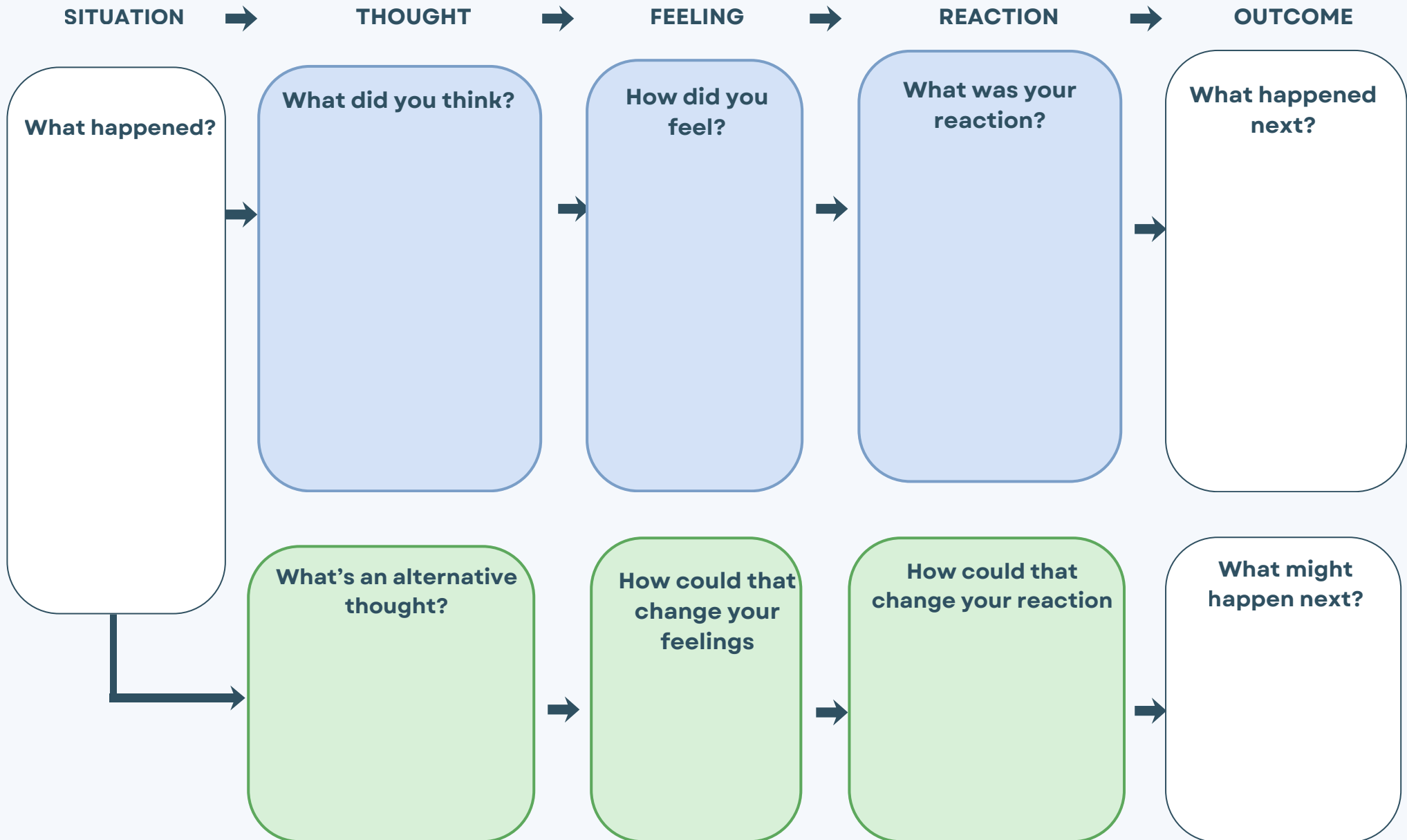
What reaction might that create?



What might happen next?

USE ALTERNATIVE THOUGHTS TO CHANGE THE STORY

Now, can you try it for a real story that happened to you?



FAMILY FEELINGS THERMOMETER

Even though the spill seemed like the moment that set off everyone's big feelings, when we look more carefully, we can see that smaller bad feelings built throughout the morning, before finally settling down. For each event circle if the moment increased or decreased the bad feelings. Note: Sometimes it might be both depending on whose perspective.

Then cut them out and put them in the real life order.

pg 4: Theo shouts at Maddie that he doesn't want to play with her



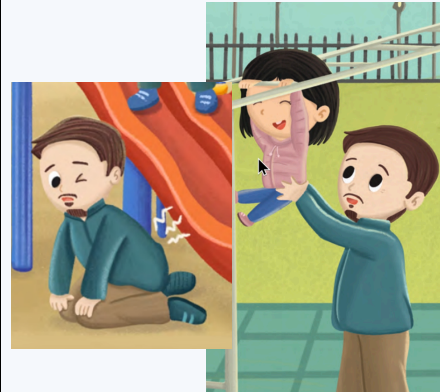
Temperature: Up or Down

pg 5: Dad consoles Maddie and she refocuses on something she loves



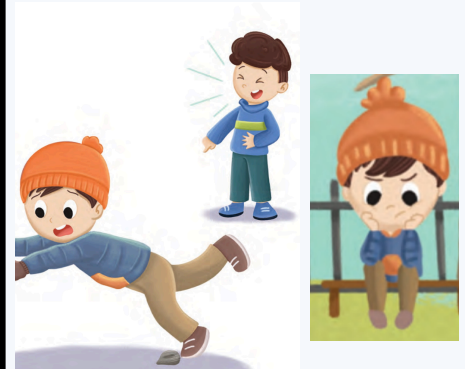
Temperature: Up or Down

pg 6, 26: Maddie plays. Dad helps.



Temperature: Up or Down

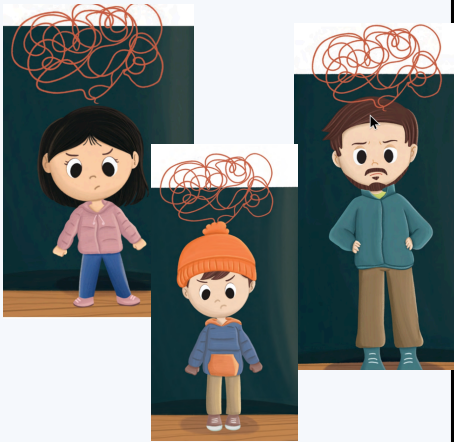
pg 18: Theo falls and is hurt when a kid laughs (pg 6)



Temperature: Up or Down

FAMILY FEELINGS THERMOMETER

pg 8, 20, 30: They come home upset, hurt, and tired



Temperature: Up or Down

pg 9: Maddie gets to help with the cocoa



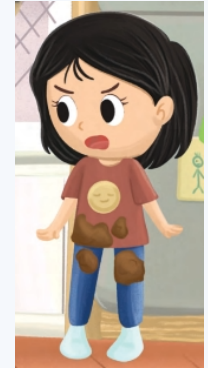
Temperature: Up or Down

pg 10-11: Maddie spills, Theo says "Oh Maddie, Maddie, Maddie"



Temperature: Up or Down

pg 11: Maddie screams at Theo, "You're so mean!"



Temperature: Up or Down

pg x, 15: Mom took the rocket and Theo's upset



Temperature: Up or Down

pg 16: Dad makes Theo come to the playground



Temperature: Up or Down

pg 19: Dad carries Maddie and she talks about the monkey bars. Theo listens.



Temperature: Up or Down

pg 21: Theo complains that the cocoa isn't the way he likes it.



Temperature: Up or Down

FAMILY FEELINGS THERMOMETER

pg 22,40: Dad yells “Theo!”
from the living room



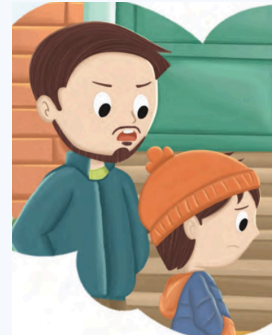
Temperature: Up or Down

pg 26: Dad notices Theo is
down about going to the
playground



Temperature: Up or Down

pg 30-31: On the walk home,
Theo hurts Maddie’s
feelings and Dad yells



Temperature: Up or Down

pg 32: Maddie and Theo
fight over the rocket



Temperature: Up or Down

pg 36: Mom is tired. She
takes a break



Temperature: Up or Down

pg 37: Mom sings loud
because she loves it



Temperature: Up or Down

pg 38: Mom is tired but
decides to be upbeat



Temperature: Up or Down

FAMILY FEELINGS THERMOMETER

pg 39: Maddie lays on the floor until mom comes



Temperature: Up or Down

pg 40: Maddie won't wash her hands without mom



Temperature: Up or Down

pg 41: Mom yells at Dad



Temperature: Up or Down

pg 44-45: Maddie comes back calm. Dad helps make replacement cocoas



Temperature: Up or Down

pg 47: Maddie and Theo apologize



Temperature: Up or Down

pg 44,46,48,50: The family pauses and reflects



Temperature: Up or Down

pg 49: Dad apologizes to Theo and they talk about their mistakes



Temperature: Up or Down

pg 51: Mom and Dad apologize



Temperature: Up or Down



CAUSE AND EFFECT



Often our actions have an effect on a people around us. Cut out the cards. For each red “cause” card, find the blue “effect”. Then look at the cause and ask, is this the effect they wanted? What was the effect they wanted to have happen?

pg 22,40: Dad yells “Theo!”
from the living room



pg 23,40: Mom and Theo
are nervous and hurt



pg 4: Theo shouts at Maddie
that he doesn't want to play
with her



pg 41: Mom yells at Dad



pg 41: Theo is worried



pg 40: Mom feels more
pressure and stress



pg 39: Maddie lays on the
floor until mom comes



pg 41: Maddie is hurt





DO YOUR OWN CHECK-IN



When something upsetting happens, it helps to understand what you feel and need. It gives YOU the power to own how you feel, instead of someone else. Try out the below, using something that happened to you recently.

Step 1: Notice what happened and your thoughts

Do your best to write the facts and what you thought about it

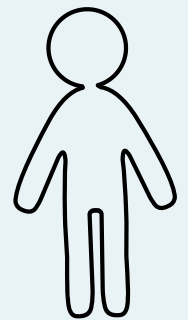
What happened?

Thoughts

Step 2: Name the Feeling

Circle the words that match how you're feeling. Circle where you can feel it in your body.

 Mad & Hot	 Scared & Shaky	 Sad & Heavy	 Low Energy	 Mixed up
Angry Frustrated Cranky Annoyed	Worried Nervous Unsafe Scared	Lonely Left Out Unhappy Hurt	Tired Bored Sleepy Lazy	Confused Lost Embarrassed Jealous



Step 3: Find what you need

What do you need to help you feel better? Circle your top two needs

Body	Safety	Love	Fairness	Choices	Fun
• Snack • Water • Nap • Break • Warm thool	• Knowing what's next • A safe space • Gentle touch • Hugs	• Hugs • Kindness • To be included • A friend	• Someone to listen to me • Things to be fair	• Make my own choices • Space to be alone	• Play a game • Laugh • Run around • Toy • Break

Step 4: Say Your Power Sentence!

Put it all together to tell someone exactly how to help you.

"I feel _____" (from Step 2)

"because I need _____." (from Step 3)



DO YOUR OWN CHECK-IN

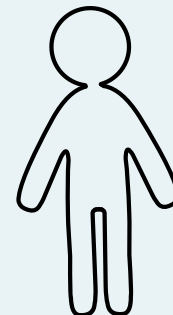


Using the "Non-Violent Communication framework"

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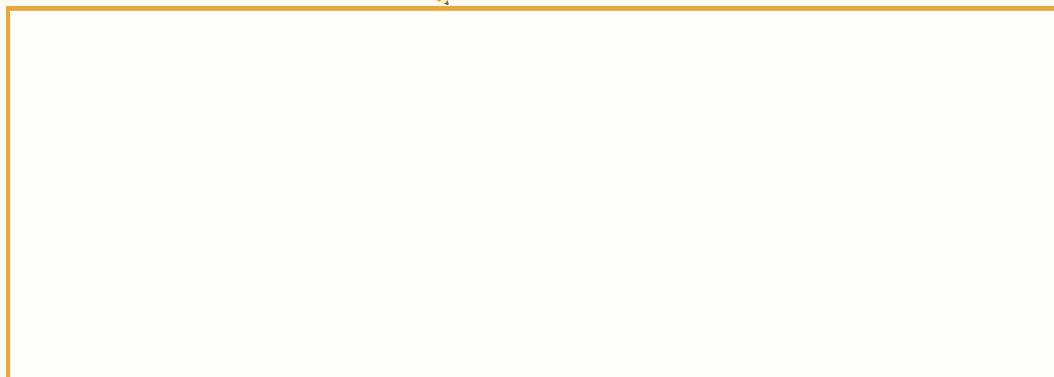
"because I need _____." (from Step 2)

Draw it out

Draw a picture of what you look like when this need is completely filled up!



Draw here!



THE POWER OF PAUSE

FIND MOMENTS TO USE THE POWER PAUSE

When you take a pause when you're upset to notice how you're feeling, you gain the power to choose how to respond. That's what makes pause so **powerful**

Find moments when each character used the power of pause AND chances they missed where it would have helped

Hint: Look for when they're upset but still under control

MADDIE

- After mom took the rocket away
- After she had a terrible walk home
- After Theo said, "Maddie, Maddie, Maddie"



THEO

- After mom took the rocket away
- After the kid at the playground laughed
- When he got the cocoa



DAD

- After he was tired from carrying Maddie
- After he got annoyed with Theo on the walk
- When hearing the kids argue in the kitchen



MOM

- After the argument in the morning
- When everyone came home upset
- When Seth yelled in the kitchen



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DAD



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