

## Teach Kids “How” not just “What”

### Discussion & Assignments

In the story about Ralph addressing impulsivity, what was it that empowered him to change?

If a child continually says “wait a minute” when instructed to do something, what internal dialogue might need to change?

In your home, how might you define cooperation in practical ways for you child?

Cooperation is...

How might the teaching bucket produce hope in a child’s heart?

### This Week Think “Practical”

*Meet with your child and together look for practical how-to ideas for thinking differently about a challenge your child is facing. Determine the character quality needed and together create some working definitions of that quality that provide specific ideas to empower your child to change.*

*You might want to list specific things your child should be saying internally and use that list as you prompt your child during the week. Your promptings can help your child adjust his or her own internal dialogue.*