



Module 3

Totally Well Rounded Kids



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TOTALLY WELL ROUNDED KIDS VIDEO 1

Growing Up is Fun

GROWTH IN THE FAMILY

Creating a culture of growth in the family is important for the overall development of each person and for the family as a whole.

WHAT ARE THE BENEFITS OF ENCOURAGING A CULTURE OF GROWTH IN THE FAMILY?

1. _____
2. _____
3. _____
4. _____

PARENTS ARE *COACHES, MENTORS AND TRAINERS.*

WHAT IS COACHING?

****TIP: ASK*** How do you feel about what you did?

How do you think the other person feels? What could you do to clean up this situation?

***"GROWTH IS THE ONLY
EVIDENCE OF LIFE."***

John Henry Newman



WHAT IS MENTORING?

***TIP: SHARE** That happened to me once... This is what I learned from it....

WHAT IS TRAINING?

***TIP: TEACH** Step 1 to cleaning a car is... Step 2 to cleaning a car is... Etc..



TAKE ACTION

Look for opportunities to coach, mentor and train your children. Take the time to enjoy the process.



TOTALLY WELL ROUNDED KIDS VIDEO 2

Say Your 'Please' and 'Thank You'

TRAINING MANNERS

Training in decent and respectful behavior and conduct, gracious behavior, the kind that shows consideration and thoughtfulness towards others.

POLITE WORDS

Manners are a _____ of the family culture.

- Please
- Thank you
- Yes, ma'am/sir
- Excuse me
- May I be excused?

**"GOOD MANNERS WILL
OPEN DOORS THAT THE BEST
EDUCATION CANNOT."**

Clarence Thomas

TAKING THE TIME TO TRAIN WILL MAKE OUTINGS EASIER!

HERE IS WHAT WE TALK ABOUT WHEN GOING OUT: VISITING OTHERS

- × How to greet others
 - × Look in the _____
 - × Shake hands
 - × Introduce self
- × Stay in _____ areas
- × Ask, don't tell
- × Clean up _____ yourself
- × Be discreet
- × Show gratefulness



RESTAURANT

- × _____ electronics.
- × Keep hands off salt/pepper.
- × Eat clean and neat.
- × Don't _____ adult conversations.
- × Speak politely to waiter/waitress.

OTHER PUBLIC PLACES

- × Remember parent's names & phone.
- × What to do if you get _____.

SERVING OTHERS

"SERVING OTHERS PREPARES YOU TO LEAD OTHERS."

Jim George



OPPORTUNITIES TO SERVE OTHERS

Collect food/feed _____ .
_____ plant trees or flowers.
_____ with groceries at store.



Talk to your family about having good manners and serving each other and others.

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TOTALLY WELL ROUNDED KIDS VIDEO 3

Chores, Chores, Chores!

TRAINING CHORES

Chores are the everyday activities that keep a house neat, tidy and with good organization- laundry, dusting, sweeping, dishes, cooking. Chores are the main way to test and practice character traits.

WHY ARE CHORES IMPORTANT?

Most _____ way to teach character.

Teaches children the habit of _____
(no payment).

Teaches _____ to work as a team.

Helps develop _____.

Encourages _____ work ethics.

***"EVERY CHILD IS DIFFERENT,
BUT IF AN 8 YEAR OLD IN PIONEER
TIMES COULD CHOP FIREWOOD, THEN
YOURS CERTAINLY CAN PUT HIS
UNDERWEAR IN THE DRAWER."
ANONYMOUS***

YOUR CHILD IS **NEVER** TOO YOUNG FOR CHORES.

0-2 YEAR OLDS

This stage provides plenty of opportunities for _____.

This child needs feeding, changing, and complete care around the clock.

Therefore, this child's biggest offer is the great needs he/she has and plenty of smiles that come with him/her.



3-5 YEAR OLDS

- Dress himself/herself
- Brush his teeth (supervise at earlier ages)
- Pick up clothes/toys
- Help set/pick up table after meals
- Clean cabinet doors
- Put away clean spoons and forks
- Bring clothes from hampers to laundry area
- Bring garbage from bathrooms and replace with clean bag

6-8 YEAR OLDS

- Do light dishes
- (Un) dust furniture
- Sort clothes to prepare for washing
- Hang clothes on hangers after washed
- Put away their own clothes
- Clean windows and mirrors
- Help in kitchen by putting away things or mixing batters
- Pick up trash around yard
- Take garbage out
- Make simple breakfast
- Vacuum and mop lightly
- Clean counters (organic wipes)
- Cut fresh flowers/ weed garden
- Take care of pets (whose pet is it?)



9-12 YEAR OLDS

- Do dishes and clean kitchen
- Clean refrigerator
- Cut lawn
- (Un) dust fans
- Iron clothes
- Maintain bathroom clean
- Make light to medium meals
- Vacuum rug or tile
- Read to younger siblings
- Mop floor
- Clean porch
- Clean car inside and out

13- AND UP

- Do laundry for the whole family, including putting everything away
- Make medium to heavier meals
- Oversee other members' work
- Take care of younger siblings
- Clean bathrooms
- Keep home's finances
- Pressure clean pavement
- Plan trips/vacations



WHEN TRAINING IN CHORES:

Use your _____.

Use your child's _____ and gifts.

Focus on _____ not perfection.

Be _____.

Choose a _____ day and/or cleaning time.

BASIC HOUSE CHORES

Write down the basic house chores that must be done in your home daily, weekly, bi-weekly, monthly:

Ex: **Daily**

Dishes

Cooking

Sweeping



ASSIGN HOUSE CHORES

Assign the house chores to each child, based on age and skills. If you have never trained before, start with the younger stages.

CREATE A **HAPPY STATE** FOR CLEANING *

*Cooperation Creates Ownership

OUR PROCESS IS EASY: T.W.L.S.

Teach

Teach Your Child How to Do the Chore Assigned

Watch

Let Your Child Do the Chore and You Watch

Leave

Leave Your Child to Do Chore Alone

Supervise

Come Back Later and Evaluate Task

TIP: USE OUR SUPERPOWER SYSTEM: THE "STEP BY STEP" GUIDE.



TAKE ACTION

Get your house in order! Pick one day to train your children in chores and start creating a culture of order.



TOTALLY WELL ROUNDED KIDS VIDEO 4

Let's Think and Grow

LOVE OF LEARNING

Foster a love of learning to ensure you and your children are always growing and expanding their mind with new ideas and thoughts.

***"I HAVE NEVER LET MY
SCHOOLING GET IN THE WAY
OF MY EDUCATION."***

Mark Twain

FOUNDATION OF EDUCATION

1. Education starts when the child is _____.
2. Education happens _____ /It's everywhere.
3. Parents are in _____ of a child's education.
4. Think _____ education.
5. Parents _____ education and learning.

WHEN YOU DELEGATE EDUCATION:

The success of a child in "school" is the _____ of the parent.
Parents must _____ with the school staff to ensure a positive
outcome. You _____ delegate academics.



EDUCATION IS SELF EDUCATION.

"Actually, all education is self education. A teacher is only a guide, to point out the way, and no school, no matter how excellent, can give you an education."

— Louis L'Amour

Your child is in charge of his/her education.

***"FOR THE ONE WHO READS,
THERE IS NO LIMIT TO THE NUMBER
OF LIVES THAT MAY BE LIVED."***

Louis L'amour

FAMILY IS THE _____ TO EDUCATION.

"...No large-scale reform is ever going to work to repair our damaged children and our damaged society until we force open the idea of "school" to include family as the main engine of education."

— John Taylor Gatto, Dumbing Us Down: The Hidden Curriculum of Compulsory Schooling.

TEACH THEM TO _____ CRITICALLY AND TO MAKE DECISIONS.

"Good students wait for a teacher to tell them what to do. This is the most important lesson of them all: we must wait for other people, better trained than ourselves, to make the meanings of our lives. The expert makes all the important choices; only I, the teacher, can determine what my kids must study, or rather, only the people who pay me can make those decisions, which I then enforce."

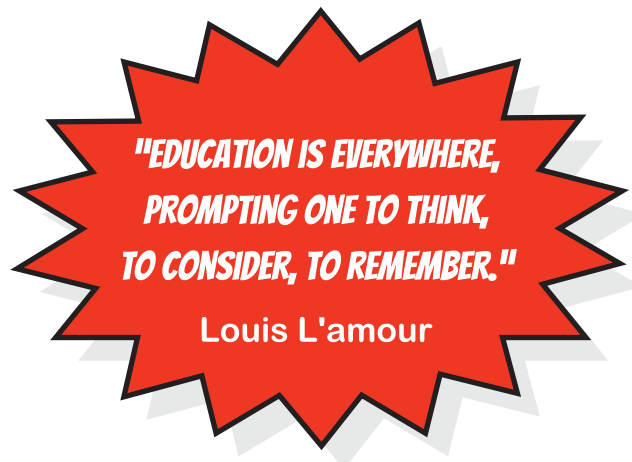
— John Taylor Gatto, Dumbing Us Down: The Hidden Curriculum of Compulsory Schooling



TEACH THEM TO _____.

"Although teachers do care and do work very, very hard, the institution is psychopathic-it has no conscience. It rings a bell and the young man in the middle of writing a poem must close his notebook and move to a different cell where he must memorize that humans and monkeys derive from a common ancestor."

— John Taylor Gatto, *Dumbing Us Down: The Hidden Curriculum of Compulsory Education*.



TEACH THEM TO BE _____ AND TO LIVE.

"Whatever an education is, it should make you a unique individual, not a conformist; it should furnish you with an original spirit with which to tackle the big challenges; it should allow you to find values which will be your roadmap through life; it should make you spiritually rich, a person who loves whatever you are doing, wherever you are, whomever you are with; it should teach you what is important, how to live and how to die."

— John Taylor Gatto, *Dumbing us Down: The Hidden Curriculum of Compulsory Schooling*.



TEACH THEM _____ HABITS.

"School is a twelve-year jail sentence where bad habits are the only curriculum truly learned. I teach school and win awards doing it. I should know."

— John Taylor Gatto, *Dumbing Us Down: The Hidden Curriculum of Compulsory Schooling*

LET THEM LIVE!

What are some ways to let my children live life?



TAKE ACTION

Talk to your family about what real education is. Let them know it extends beyond school.



TOTALLY WELL ROUNDED KIDS VIDEO 5

Reach the World

RAISING LEADERS

Raising leaders involves using a real education beyond the academics, in order to increase their confidence, expand a child's exploration, creativity, discovery and encourage a love of people.

WHAT ARE THE BENEFITS OF GIVING YOUR CHILDREN NEW EXPERIENCES?

1. _____
2. _____
3. _____
4. _____
5. _____

***"YOU CAN ONLY GROW IF
YOU ARE WILLING TO FEEL
AWKWARD AND UNCOMFORTABLE
WHEN YOU TRY SOMETHING NEW."
Brian Tracy***

***"THE WORLD IS A BOOK AND THOSE
WHO DO NOT TRAVEL, READ ONLY A PAGE."***

-St. Augustine



TAKE THEM TO _____ PLACES

- × Museums
- × Re-enactments
- × Concerts
- × Symphonies
- × Art Galleries
- × Comedy Shows
- × Musicals

*"BE A TRAVELER, NOT A TOURIST.
TRY NEW THINGS, MEET NEW PEOPLE,
AND LOOK BEYOND WHAT'S RIGHT
IN FRONT OF YOU. THOSE ARE THE KEYS
TO UNDERSTANDING THIS AMAZING
WORLD WE LIVE IN."*



PARENTING IN OTHER CULTURES

JAPAN

Parents cultivate _____ .
Ex. Children are allowed to go to the grocery store by themselves and even take the subway alone.
Children are trusted to _____ their own quarrels.

ARGENTINA

Parents _____ family time.
Ex. Children are up with the adults until late hours of the night, while the family has dinner.
This encourages children participate in the nightlife.

POLYNESIAN ISLANDS

Children have big _____ delegated to them.
Ex. Adults take care of infants, but as soon as the baby can walk, they are turned over to another child to be cared for.



TRY _____ **FOOD.**

- Have "cultural" cooking days.
- Ask locals about ethnic restaurants.
- Go to food festivals.
- Never say "no" to new food.
- Be a role model-try everything.!

**"THE MOST IMPORTANT THING
THAT PARENTS CAN TEACH THEIR
CHILDREN IS HOW TO GET ALONG
WITHOUT THEM."**

Frank A. Clark

DEVELOP THEIR _____ **SKILLS.**

- Invest in leadership camps/seminars.
- Put them in sports.
- Delegate "adult" tasks.
- Let them travel alone.
- Start college early.
- Surround them with people older than them.

EXPLORE

- Teach them the value of money.
- Brainstorm how they can generate income.
- Talk about their skills and what they can do for others.
- Teach them to look at possibilities.
- Watch how others do business.
- Teach them creativity- give them wood, clay, leather, beads.



In your next family meeting, explain to your children why living outside of your comfort zone is important. Pick one activity that helps you “stretch” and put it on the calendar!

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