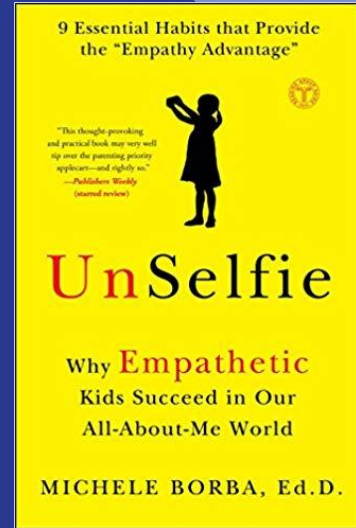


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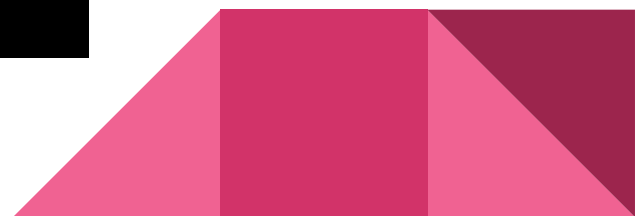
2019

UnSelfie, By Michele Borba, EdD Book Group Discussion

Presented and Facilitated by
Margot Parker, MA
Educational Consultant



“Empathy is the one human capacity that allows us to link minds and hearts across cultures and generations to transform our lives.” Michele Borba, EdD



Emotional Literacy

Learning how to read another person's emotion

Knowing how to express emotions

Sharing feelings directly, face to face

Giving our children a vocabulary for their emotions



How do we explain our feelings or those of our spouse to our children?

What is our emotional vocabulary?

Empathy vs. Sympathy: Why It Matters



Moral Identity

- Developed based on family values
- Knowing who you are and what you believe, code of ethics
- Quick check: Would I do it if my grandma heard that about me?
- Three **R** Check: Could it damage my **R**elationships, **R**eputation, or would I **R**egret it?

How do we create empathy in those teachable parent-child moments?

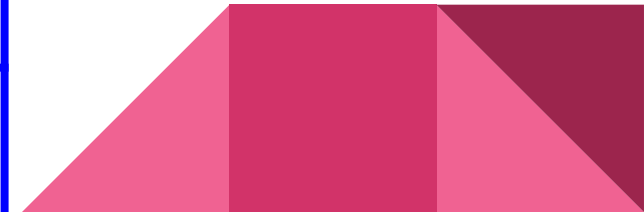


Family Meetings

Process

Sample Agenda

Regularly held	Share out about last week
Start with compliments	Talk about upcoming week
Resolve issues fairly	Discuss issues - old, new, money
Consensus decision making	Acknowledge a family member
Keep it fun and upbeat	Anything someone needs or wants to talk about



Our Family Meeting Agenda

GET STARTED

1. Review key dates with everyone.
2. Work together to fill out the chart and discuss the conversation starters below.
3. Brainstorm service projects and acts of kindness to share. Add them to your calendar. [Find ideas on DoingGoodTogether.org](http://DoingGoodTogether.org).
4. Do something FUN together. Have a dance party, go for a walk, play a board game, or try a new service project.

WEEK OF



Family Member



Something You'll Work Hard On



Meal(s) You'll Help Fix



Your Daily Chores



Something That Brings You Joy



Acts of kindness you are excited to share.

Family Member	Something You'll Work Hard On	Meal(s) You'll Help Fix	Your Daily Chores	Something That Brings You Joy	Acts of kindness you are excited to share.

CONVERSATION STARTERS:

Why is it important to work hard at something?

Why do you think it's important that everyone helps out with things like meal planning and chores?

What tasks on are you looking forward to

Let's take turns sharing something that made us joyful and/or something that made us sad from the past week.

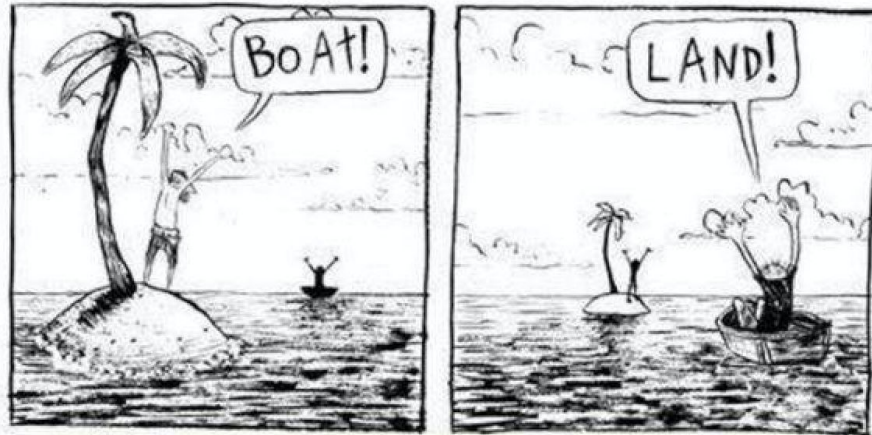
Let's take turns sharing something we are each proud of from this past week.

Is there anything else you'd like to discuss?

Perspective Taking

- Walk in their shoes
- Focus on the other person's feeling and thoughts
- Think about the effect of your behavior on another person

Why is it so difficult to teach perspective taking to children?



Developing Compassion & Making Change

- Practicing kindness increases happiness
- Model and value compassion
- Allow our children opportunities to be kind
- Find a cause that concerns your child
- Brainstorm possibilities or try them out
- Plan an activity that involves direct contact
- Children who are given the opportunity to help others tend to become more helpful.



**What types of meaningful service projects can we find?
How do we help children understand injustice?**



Things to consider....

Family meetings - to consider other points of view, to persuade others

Family game night - to enjoy time together and learn how to lose

Role playing - to learn perspective taking

Rose and thorn - sharing positives and challenges, develop emotional language

Family donations - considering how to best use resources

Volunteering - learn how to give graciously

Movies: "It's a Wonderful Life" or "Freaky Friday"



Final resource...

Link to TedX talk by Michele Borba

<http://tinyurl.com/borba-talk>

