

STRIDE LESSON 7 AT HOME: YOU ARE THE BOSS OF YOU

Game Plan: This lesson will explore the differences between rules and expectations and allow your child to see that they have control over their own feelings and behaviors, regardless of what other people say or do. In addition, your child will explore the concept of empathy as it relates to expectations, owning your own behaviors and reactions to other people.

Lesson:

To get started, try asking your child the following questions:

- **Who makes the rules for you?**
- **What are some rules we have in our home?**
- **Why do we have rules?** (some possible answers are safety, fairness, solve conflicts, protect people, minimize chaos and restore order, provide a road map to most things in life.)
- **Who is the boss of you?**

Did you know that who is the boss of you and who makes the rules are two different things? Most rules are defined by someone else. Classroom rules are developed by your teacher, right? The rules you have at home are made by your parents. But, did you know that you are your own boss. YOU are the boss of YOU!

- **What does that mean?**

We have rules so we can have order & fairness. We follow the rules because it shows respect for the person or people who made the rules and for the people that those rules affect. But, ultimately, YOU are the one responsible for your behavior and how you react to those rules. You are not responsible for other people's behavior. You are not responsible for how other people follow the rules or interpret the rules. You are, however, responsible for how YOU react to other people and how YOU react to how they are following the rules or making you feel. You are responsible for how you respond to other people and how you treat them.

- **What is the difference between an expectation and a rule?**
 - A rule is something that is specific, defined by someone, and is something that you are required to do or defines a specific way you are required to act or behave. Examples: No smoking on airplanes. You must have a driver's license to drive a car. No diving in the shallow end of the pool.

- An expectation is a belief that you are going to act in a certain way or look a certain way or have a certain skill set. **Can you think of any examples?** (Examples: dressing appropriately for church, following through on a promise, helping your friend when he drops his books in the hallway).

- **What are some consequences for not following the rules in your home?**

When people don't meet your expectations, it can be unexpected and disappointing. You may not know what to do when your expectations haven't been met. When your expectations aren't met because the other person has a different skill set or acts differently than you would in that same situation, it is sometimes hard to figure out how to react.

When that happens, sometimes we need to rely on EMPATHY.

- **What does empathy mean to you?**

Empathy is the ability to understand and share the feelings of another person, even when it might be different than your own understanding or your own feelings. Having empathy requires us to be able to put our feet in someone else's shoes or see the world from their eyes – and sometimes that can be harder than we think.

- **Can you think of a time that he has experienced empathy – either that you showed for someone else or someone else showed toward you?**
- **Parents/guardians: Share a time where you felt empathetic towards someone or a situation.**

Activity: Someone Else's Shoes (Adapted from TeachingTolerance.Org)

You and your child will each pick one character scenario, pair up and take turns reading your scenario aloud while the other practices being an empathetic listener. Then, switch roles: practice being empathetic as your child (or you), as his character, tells you what he is experiencing.

Marcus is a star quarterback on the school football team. During one of the final games of the season, he was injured badly, so badly that he couldn't play in the rest of the games, nor could he go to school for three months.	Lenny has worked at the same pizza place for over a year and has always done a great job. One day, he overcharged a customer by accident. The new boss thought Lenny did it on purpose to pocket the difference and fired him.	Anita's best friend confided in her about a surprise birthday party she had planned to throw for her brother. Anita accidentally let the secret slip, and now her best friend won't talk to her.
Bali found out that a nasty rumor being spread about her was started by a former friend	Alex discovered that his teammate cheated by copying from his paper during the Spanish final.	During a school field trip, Juan had a seizure in front of his entire class. He came out of it to find all his classmates staring at him. His doctors told him he has

		a condition where he could have a seizure anytime.
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At Home Workout:

Warm Up: jog in place 30 seconds, 30 high knees, stretch.

Workout:

30 Second Wall Sit

10 Crunches

20 Jumping Jacks

10 Air Squats

Repeat 4 times.