

ADULT'S

PLAN B

1. Express empathy

- ✓ What's up?
- ✓ I hear you
- ✓ I'm not saying you can't...

3. Define the problem

- ✓ Your concern is
- ✓ My concern is

4. Offer invitation

- ✓ Let's think about how we can work this out..."



CHILD'S

PLAN B

2. Express your concern

- ✓ Say what your problem is
- ✓ Say why it is a problem

5. Offer solutions

- ✓ Ask for help
- ✓ Meet half way
- ✓ Do it a different way



Choose a win/win solution that is doable/realistic and satisfies you both

ROAD MAP TO PLAN B

ADULT 'S PLAN B

CHILD'S PLAN B

Notice / ask

I've noticed that... What's up?



Say what the problem is

I don't want to...

Empathise

I hear you...



because...

Define the problem

Your issue is...

My concern is ...

Invite solutions

Let's think about how we can work this out...



Suggest some solutions

I could ...

You could ...

Offer some solutions

I could ...



You could...



Together pick a win/win solution that meets half way and write it down

Is the winning solution achievable, doable?

Is the winning solution satisfying to both of you?

THREE WAYS TO SOLVE A PROBLEM

Plan A Adult's way

- ◆ Make child do it
- ◆ Achieves wanted outcome

- ◆ DOES NOT teach thinking skills
- ◆ Fill's child's beaker

Plan B Both ways

- ◆ Solve the problem together
- ◆ Achieves wanted outcome

- ◆ Teaches thinking skills
- ◆ Empties both beakers

Plan C Child's way

- ◆ Adult skips it, drops it for now
- ◆ Achieves peace BUT NOT wanted outcome

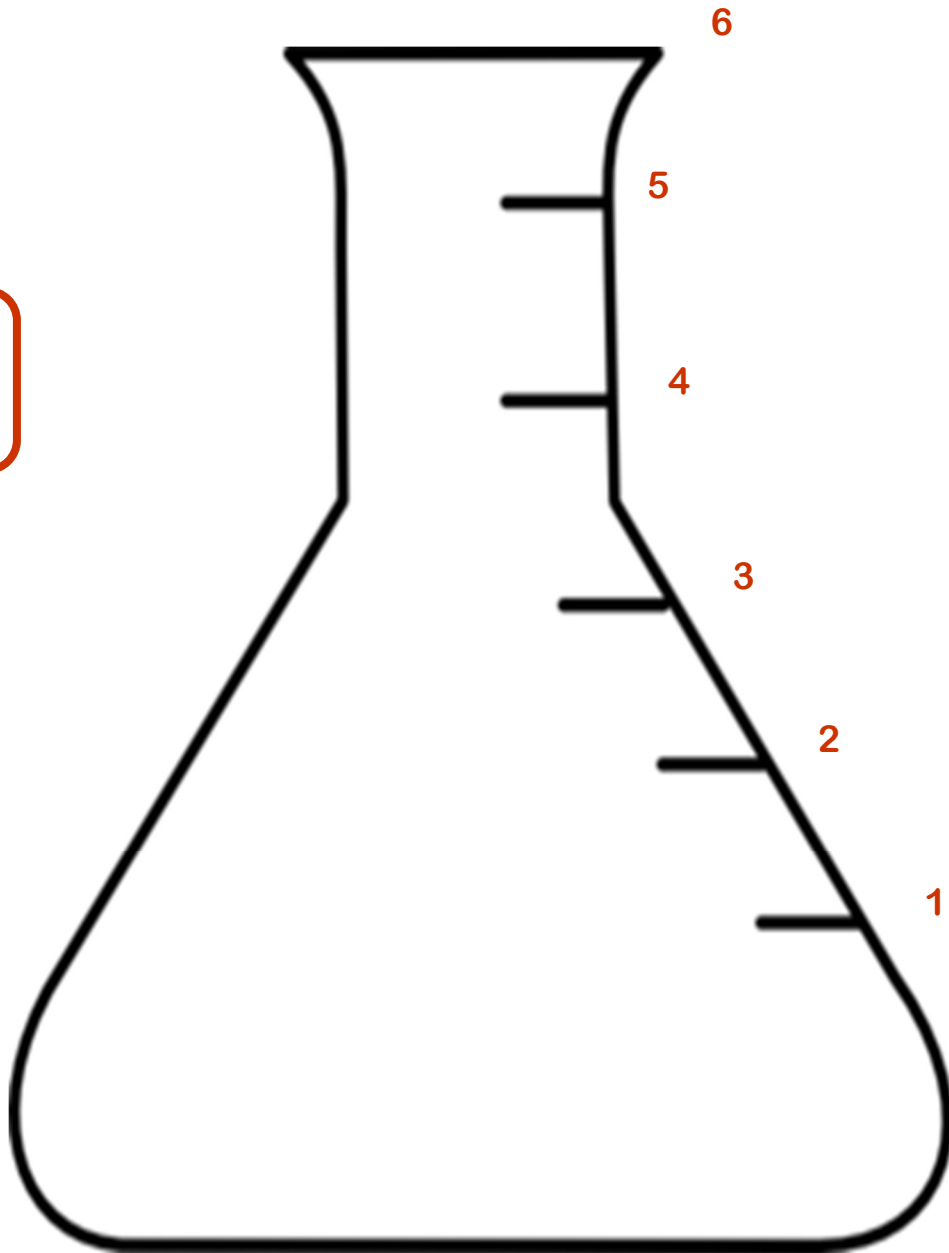
- ◆ DOES NOT teach thinking skills
- ◆ CAN fill adult's beaker

BEAKER CHECK-IN

How full is my beaker right now??

Fill in the beaker to show how full it is.

Write your
beaker level
here

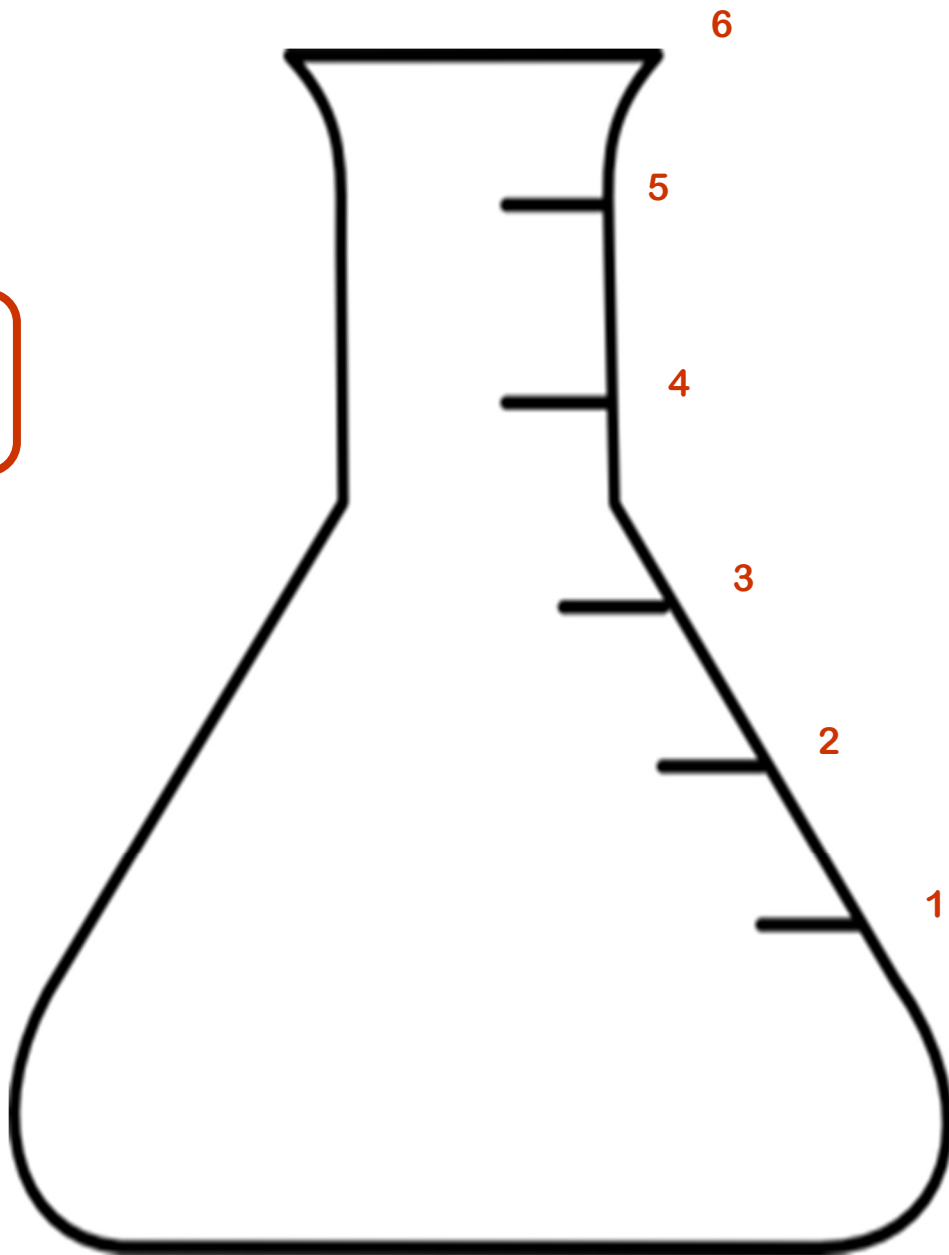


BEAKER CHECK-OUT

How full is my beaker right now??

Fill in the beaker to show how full it is.

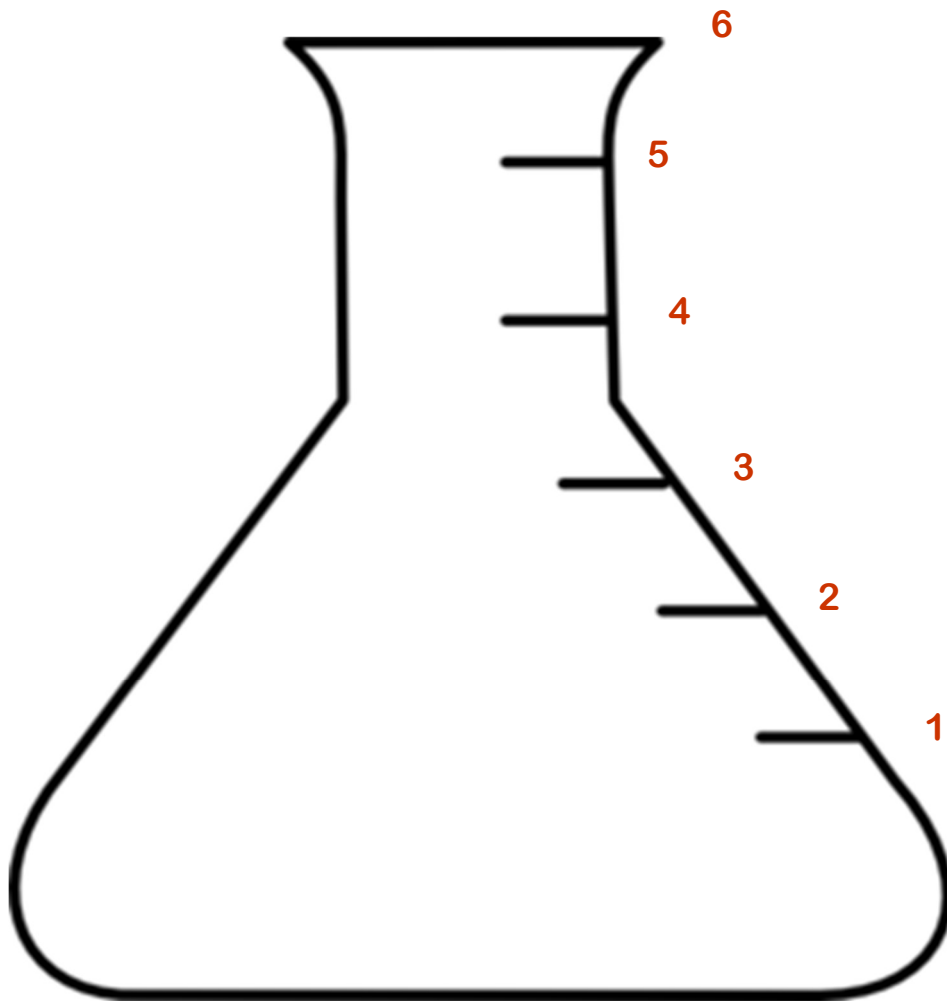
Write your
beaker level
here



MISSION 1: BEAKER WATCH

How full is my beaker right now???

Fill in the beaker to show how full it is.



Write your beaker metre score for each day this week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----