

Peace On Earth Is ... A World Full Of Happy People



EI(EQ) Ability:

EMPATHY/RELATEDNESS

CJs Give Gifts of Love

Feeling kind and friendly by sharing loving and caring words

The EQ Ability of Empathy and Relatedness is acquired by teaching the language of kind words and messages given to others and themselves. It is not innate for children to express kind words and understand the feelings connected to them. This skill must be taught. Early on children need to learn that they are responsible for their actions (for what they think, feel, say and do) by role-playing for them. Your children learn from you what to say and do. They need to know that saying things that are not nice is inappropriate and can be hurtful. Speaking nicely and saying nice things to others is the first and easiest way that children can be CJs or Creators of Joy.

We make all decisions from a feeling place and so please take time to talk about how they feel when they are speaking nicely. This is essential! For ex. "How do you feel when you say something nice? I feel kind. (At first, parents will have to supply the feeling words). I'm glad that you felt kind. Thank you for being a Creator of Joy." This identifies and connects positive feeling words with their "kind" actions. This builds feelings of value for children, experiencing their goodness in many ways. These are their first lessons in relatedness and empathy.

Teaching children to give compliments is important. It is how we learn who we are and how we relate to others. We have all experienced learning about ourselves by being told what is wrong with us and for some of us, it is all we have ever heard. Many children who have poor self-images have experienced this feedback...never hearing and learning what is right with them. A child should never hear a voice that in any way demeans them from adults or their peers.

Please Remember Always... We Are the Voices We Hear!

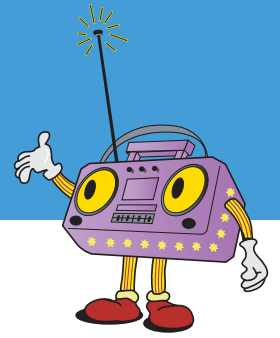
A compliment or a kind voice is feedback and truly the greatest gift you can give someone. It is a Gift of Love! Let us teach children to give the best gift one can give to another, "Knowing What Is Right With Them...Knowing What Is Good About Them." When we are kind, positive and Giving Gifts of Love, we are helping to create a world filled with happy people.

And... You and Your Children have Become CJs, Creators of Joy!

Giving Gifts of Love Makes a Difference!



Activities for Creating a Happier Home and the Ability to Be Empathetic and Relate Well to Others



LET'S WELCOME HEADPHONE!

1 At least once a day, take a few minutes to acknowledge each other...gifts of love.

Please address your children's qualities, not just what they do. For example: "Darren, I love how helpful you are to me." "Dianna, I love how kind you were in helping your brother today." Please be sure the person who is complimented says "Thank You" or "Thank You for the Gift of Love." This means that they have received the message. Please ask the children to also compliment you.

2 Have your children remember to give "Gifts of Love" to their friends.

Practice the nice things that they can say to their friends. Practice saying nice things that help others to feel better regardless if they appear different looking or have disabilities. This is how we develop the ability to empathize and also to relate well to others.

3 Before going to other people's homes, practice the Gifts of Love that are appropriate for a nice dinner or receiving a gift.

It is important to develop this ability for it is learned and is a very valuable skill as they grow older and are going to places where you are not present.

4 Please speak to your children about the voices they use when speaking to everyone.

Emphasize that people are hurt by voices that don't sound nice and that it is our responsibility to help people learn how wonderful they are. We are the voices we hear and so we need to teach children to be very careful about what they say and how they say it. Teach them that people remember all voices both the good and the not nice and that we want them to only remember good things about who they are. This will put an end to bullying and help to create emotionally safe environments for children everywhere. This will also help all children learn the important values that build feelings of worth.

5 Please speak to your children about the voices they use when speaking to everyone. Headphone is CJ's buddy who loves to hear Gifts of Love.

When he does, his antenna vibrates with music and joy. When he hears unkind voices, his antenna vibrates static for it hurts him. You can play the Headphone game with a bell for Kind Voices and a noisemaker for ones that aren't. Please express to your children that we speak "Only Kind Voices". Visit our website and play "Headphone Word Whereabouts".