

Personal Responsibility Home Connection: Helping Each Other Grow

Sharing Expertise

Thoughts for adults supporting this project

Children feel powerful when they realize they can use their own strengths to help others to get better at tasks. They appreciate it when others help them to grow in ways that are respectful and sincere. Everyone has ways we can support others in their learning, and also things to learn to help us be good citizens and family members.

The purpose of this activity is to help children reflect on their own personal responsibilities. They may choose to focus on things they participate in both in and out of school.

Keep in mind

Your opinion is very important! Even if you have seen other areas in which your child shines, it's powerful to accept and acknowledge that what your child shares with you in this exercise meant the most to them in that moment. Likewise, even if you have experienced times when your child struggled with this or a similar task, this is a fresh chance to support their desire to be responsible now. Your support really matters as they keep trying to grow and change!

Reflection questions

- What are some areas in my own life that I feel successful in?
- What are some areas I'd like to be more effective in?
- When has support and encouragement from another person been valuable to me?
- How easy or difficult is it for me to offer encouragement before offering corrections?

Extension idea

- Create a pact between you and your child. Each of you thinks of one home responsibility that you do well, and you each make a short list of the strategies that have helped you be successful. Share your strategies with each other.

Examples:

A responsibility I do well: Getting our day off to a peaceful start.

The strategies that help me be successful at this responsibility:

- Set my alarm early so I have plenty of time.
- Lay out my clothes the night before.
- Take 10 minutes to do something I enjoy: listen to music, take a walk, read the paper.

A responsibility I do well: Helping our family eat nutritious dinners

The strategies that help me be successful at this responsibility:

- Plan tasty, nutritious meals
- Shop ahead so we have what we need to make dinner
- Prepare the meal, with the help of others (or take my turn to prepare the meal)



Personal Responsibility: Helping Each Other

This is a home responsibility I do really well...

This is a school responsibility I do really well...

A suggestion I shared with others was...

Something that's still challenging for me is...

An idea I heard that I'm going to try is...

