

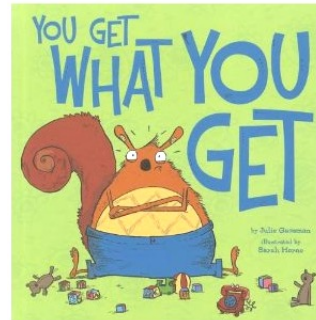
HomeFront. PROJECT

KIDS

Teach, Empower and Enjoy Your Children.

A.R.T. - Children's Needs Come First Countering Feelings of "Entitlement"

Watch:
You Get What You Get
by Julie Gassman and Sarah Horne



Optional introduction to this activity:

The parent dresses up to look like a Doctor – perhaps in a lab coat or surgical clothing - and tells the children:

“I’m the doctor who is here to give you something for all the times when you’re frustrated and/or didn’t get what you wanted. It’s a ‘gratitude pill’. Let the children have a piece of candy (a pretend pill) and then start the discussion about practicing gratitude.”

For older children you could do something similar by asking older children if they know what an “antidote” is. Explain the concept which leads into the discussion.

Discussion for all ages: Gratitude is the antidote for feelings of entitlement.

How can I be grateful when I don’t get what I wanted, or when things don’t go my way?

Practice the skill of gratitude:

Give an example and then have children come up with their own examples. Or, fill in the blanks in the examples below.

- “My cookie only had half the chocolate chips I wanted... But I am so glad that my mom bought/baked cookies so I have one to eat.” How else could you look at the bright side of a situation, overcoming your frustration with gratitude?
- “I didn’t get to go to the water park, Disneyland, (add something relevant to your family), but I did get to _____.”
- “You get what you get, and you don’t throw a fit – BECAUSE I’m grateful for _____ or glad I’m able to _____.” (Children practice filling in the blanks. Ideas could involve topics about school, chores, meals they don’t especially like, etc.)

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Older Children:

Read and discuss the following quote:

"Anyone who imagines that bliss is normal is going to waste a lot of time running around shouting that he's been robbed. Most putts don't drop. Most beef is tough. Most children grow up to be just people. Most successful marriages require a high degree of mutual toleration. Most jobs are more often dull than otherwise. Life is like an old-time rail journey—delays, sidetracks, smoke, dust, cinders, and jolts, interspersed only occasionally by beautiful vistas and thrilling bursts of speed. The trick is to thank the Lord for letting you have the ride."

(Unitarian Minister Jenkin Lloyd Jones, President Gordon B. Hinckley, Ensign, Nov. 1984:86)

- What unrealistic expectations have we set for ourselves?
- What unrealistic expectations do we have of others?
- How can we keep things in perspective and not feel entitled to more, or disappointed about what we have?
- How can we focus on being more grateful for what we have?

