

## Period 3 - Relations: *Tolerance, Helpfulness, Broadmindedness, Solidarity*

During the third period, we will practice the following things. You can also pay special attention to these at home.

The crucial theme in this period is learning cooperation: "You are ok and we are ok".

### 1. To respect the boundaries of others

What one person calls teasing is seen as bullying by someone else. The one who must set the boundaries is the one being teased. Eliminating non-physical violence is just as important as eliminating physical violence.

We teach the children that they are responsible for their own actions, behavior and words. Children should understand that they are "doing" something they can also change.

We teach the children to say what they want directly, instead of talking about what they don't want to happen. For example, the sentence "You won't let me to take part in the game" is changed into "Can I play with you?"

→At home talk about what constitutes bullying, also using direct sentences.

### 2. To understand and respect the diversity of the community.

We teach that not all families are the same. At the same time it is important to understand and respect the school community. We learn how everybody's actions affect the whole community. So if we don't take good care of the school by being neat and taking care of our things and clothes, it affects others in school as well as ourselves.

→At home talk about difference and being part of the community. Also ponder how your behavior affects other people.

### 3. To reduce the fear of making mistakes

Practice making mistakes. Children will learn that small mistakes are part of life and you do not have to worry about them.

→At home pay special attention to how parents react to the child's mistakes. For example: If a child spills milk on the table, you can say, "Accidents happen, don't worry!"

### 4. From negative to positive

We pay attention to sentences that include negative messages and change them into positive ones.

→At home parents can also pay attention to the tone of their sentences.

### 5. Taking care of a friend

Assisting younger pupils, e.g. when they are dressing to go outdoors, is a reality project that gives the child an opportunity to be a good role model and feel a sense of importance.

We create little "plays" for the children to practice comforting a crying friend or assisting someone who is being bullied.

→At home the child can help younger siblings or children living next door in activities that s/he can already do.

### ***Period 3 – Compliments and encouragement***

Using appropriate compliments that focus on what the child needs to practice is the most effective way to achieve success. Here are ideas to encourage the children during the 3rd period.

***Tolerance*** – “I can hear you are taking the others’ point of view into consideration.”

***Helpfulness*** – “Nice to see that you are helping each other.”

***Broadmindedness*** – “I hear that you are looking at things from different angles.”

***Solidarity*** – “You are doing well working together!”



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**PERIOD 3 - SKILLS**

*Ponder together with your child what skills s/he needs to practice during the 3rd period in terms of tolerance, helpfulness or solidarity.*

*Decide together how you will celebrate a well-practiced skill!  
You can seal the contract with signatures, so it will become important to both of you.*



**Skill:**



**Prize at the end:**



**Signatures:**

