

Teaching values for life

2. Be kind to others!

A six-part series by David Koutsoukis

Building quality relationships

'Relationships are the foundation of all achievement' is a great saying used by my friend Brett Reid and the first time heard it I thought, 'Yes, that is so true!' When you think about it, successful people build good relationships. For example, successful sales people build good relationships with their customers ... and sell them lots of stuff; good sporting coaches build good relationships with their players ... and get good results; and, of course, good teachers build good relationships with their students ... and achieve good outcomes. I sometimes hear people say, 'I don't care what people think about me, that's just who I am'. If relationships are the foundation of all achievement, I can't help but think that people who think like that are doing themselves a disservice and limiting their chance of success in many facets of their life.

So, how can we encourage our students to build good relationships? Some might say we need to encourage students to apply the 'golden rule'. The golden rule, of course, is 'Do unto others as you would have them do unto you'. Funnily enough, I don't agree with this, as I believe that the golden rule is flawed. For example, some boys love being put into a headlock by their mates and assume that everyone else likes it too—which of course is not necessarily the case. I actually prefer the 'platinum rule' by Dr Tony Alessandra: 'Do unto others as they would like to be done unto'; or, in other words, 'Treat others the way they like to be treated'.

Many students seem to live by the Billy Connolly version of the famous quote,



'Before you criticise someone, walk a mile in their shoes ...', when he adds '... after that who cares, you're mile away and you've got their shoes!'

We need to encourage our students to build relationships by empathising with others and considering different viewpoints. So how do we do this?

As we all know, many of our children are tuned into radio station WIIFM (What's In It For Me). This means that the first thing we need to do is get them to recognise the positive benefits of building relationships. We need to reinforce the fact that relationships are the foundation of all achievement, and that if they want to be successful they need to value and work at building good relationships—they don't 'just

happen'. At the risk of being clichéd, I like to use sayings like 'What goes around, comes around', or 'The world is like a mirror; if you smile into it, it will smile back' (and, of course, if you frown into it, it will frown back). I also find that students respond to the word 'karma' because I guess they think it is pretty cool. For younger students, I like to explain karma as 'If you are nice to people, good things happen. If you are mean to people, bad things happen'.

It would be great, of course, for all kids to be intrinsically or naturally 'kind to others', but empathy and pathos come more naturally to some people than others. This is why I believe we need to give our children a framework that 'being kind to others' is in fact 'being kind to yourself'.

Examine the 16 key pointers to focus upon the steps required to encourage your students to 'be kind to others'. You will also find seven strategies to help you articulate these key pointers using a values based approach. If we can get our children to form

the habit of 'being kind to others', it will hopefully become internalised as a positive value that will help them lead successful life.

Key pointers

How to build quality relationships

Encourage your students to:

- 2.1 value relationships
- 2.2 respect the rights of others
- 2.3 be polite and use good manners
- 2.4 praise people who do things well
- 2.5 develop good people skills
- 2.6 work at building and maintaining relationships
- 2.7 be tolerant and understanding of difference
- 2.8 respect other points of view
- 2.9 don't bully or put others down
- 2.10 seek a fair go for all
- 2.11 manage and resolve conflict
- 2.12 cooperate and be a team player
- 2.13 support and include others
- 2.14 value family life
- 2.15 treat others the way they need to be treated
- 2.16 be prepared to forgive.



Students at Riverton Primary School being kind to others.

Seven ways to teach children to 'be kind to others'

1. Teach children the 'Six kinds of best' affirmation so they internalise the core values.
2. Articulate what being kind to others means. See the key pointers on the opposite page. Put up a poster to remind students.
3. Teach lessons on the key pointers from the *Values education toolkit* books. Free downloads available at <www.sixkindsofbest.com>.
4. Use 'Six kinds of best' language; for example, if someone is sharing say, 'Well done Sam, that's being kind to others'. Or if they are annoying someone else say, 'Ava, that's not being kind to others is it?'
5. Catch children being kind to others. Give them an 'I am kind to others' sticker or certificate. Better still, get children to praise each other when they see good examples of kindness.
6. Use an individual or class progress chart to reinforce positive examples of good people skills.
7. Create a 'Be kind to others' class display.

Ten good 'people skills' to help students build positive relationships

Encourage your students to:

1. smile
2. use good manners, like saying 'please' and 'thank you'
3. acknowledge others when they meet them by looking at them and saying 'hello'
4. use greetings like 'hello', 'goodbye', 'good morning' and 'good afternoon'
5. use people's names
6. look at people when talking to them
7. listen
8. accept differences
9. respect the opinions of others
10. give compliments.

Give your children 'Six kinds of best'

This article is the second in a series of six articles based on the 'Six kinds of best' concept. The concept provides a simple framework to help teachers and parents articulate what good values are and gives students signposts to point them in the right direction when they get to 'crossroad' moments in their lives—times when they need to make important decisions. By teaching the 'Six kinds of best' we are giving our children a simple, consistent and meaningful message that helps them remember what they need to do in order to become happy and successful individuals.

The Six kinds of best affirmation



www.sixkindsofbest.com

- Articles
- Lesson plans
- Worksheets
- Planning documents
- 6KOB values framework with page links
- Four-term year planner

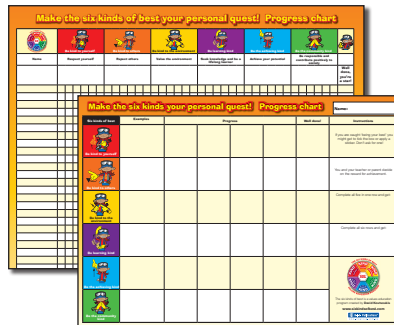
- Sample curriculum: Pre-primary to Year 9
- Workbook cover sheets
- Certificates
- Colouring-in posters
- 6KOB checklists
- 6KOB affirmation chart

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