

family LIM NEWSLETTER

ON THE MENU
AT LUTZ PREP

Habit #4



Main Course

Habit #4

Think Win-Win

Move from "Me" to "We"

Myself

Listen

I need to listen to what everyone has to say.

How do we show consideration as a family?

Together

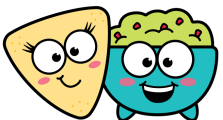
Self Reflection

I cannot always do exactly what I want to do. I can brainstorm a solution that makes everyone happy.

SMALL BITES

Language at home

- Discuss as a Family: How can we work on filling each other's emotional bank accounts?



CARRY OUT To go.

Family reflection time in the car: Describe a time when you thought Win-Win at home? At school?



AT HOME: dinner chats



Make an Emotional Bank Account deposit.



How can we discipline without punishing?



What are some ways you can build trust in your family?
What are some ways you might break trust in your family?

SWEET links



Videos: Check out these resources for more on Habit 4.

[\(K-2\) Win-Win](#)

[\(3-5\) Win-Win](#)

[Emotional Bank Account Story](#)

Activity: Use this family EBA [guide](#) to get started with a family emotional bank account.