



# CALLING ALL KINGS

The PDF Pack

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# CONNECT

*No rewards. No punishments.*

## **Maintain Your Composure**

*(Pause.)*

Calm yourself. Try yawning on purpose.  
Tune in to them.

## **Connect with Feelings**

*(Pause.)*

Try to read their body language.  
"You're feeling \_\_\_\_\_ because \_\_\_\_\_."

## **Connect with Values**

*(Pause.)*

*(Repeat above.)*

Affirm their values.  
"You care about \_\_\_\_\_."

## **If There's a Problem**

Collaborate for a solution based on individual  
and family values. Support success.

# CONNECT WITH YOURSELF

*This is helpful when problem-solving.*

## **Maintain Your Composure**

Calm yourself. Try yawning on purpose.

## **Connect with Feelings**

"I feel \_\_\_\_\_ because \_\_\_\_\_."

Notice what the feelings feel like in your body.

## **Connect with Values**

*(Pause.)*

*(Repeat above.)*

"Because I'm feeling \_\_\_\_\_, that means I care about \_\_\_\_\_." What's important to you?

## **If There's a Problem**

Be helpful. Problem solve based on your values and your family's values. Get support to be successful.

# PROBLEM-SOLVING

This process can be used in family meetings.

<b>Define the Problem</b>	What's the adult's perspective? What's the child's perspective? If it's a task, what makes it difficult for the child?
<b>Discuss Feelings</b>	"I feel _____ because _____." Allow everyone to share.
<b>Discuss Values and Needs</b>	"I care about _____. I need _____." Allow everyone to share.
<b>Brainstorm Solutions</b>	Allow the child to go first if they have an idea.
<b>Choose a Win-Win Solution</b>	Pick a win-win solution that meets everyone's needs.
<b>Take Pauses</b>	When problem-solving becomes stressful, take a break. Sleep on it. Try again. If the family's unsuccessful in finding a win-win solution, ask a mentor or professional to join you.
<b>Repeat</b>	Solutions are experiments. Make adjustments as needed.

## Things to celebrate:

*Staying self-regulated through the process.*

*Respectful adult/child interactions.*

*Using this language in your house.*

*Finding solutions.*

*Making adjustments.*

*The end of a problem!*

# FEELINGS

*Identify and respond to them in healthy ways.*

Brave	Flexible	Playful
Calm	Frustrated	Regretful
Comfortable	Grateful	Relieved
Competent	Guilty	Sad
Confident	Happy	Safe
Confused	Hopeful	Satisfied
Curious	Hurt	Scared
Creative	Interested	Sensitive
Determined	Jealous	Shocked
Disappointed	Joyful	Skeptical
Disbelieving	Lonely	Sorry
Disgusted	Loved	Strong
Embarrassed	Loving	Successful
Enthusiastic	Nervous	Surprised
Exhausted	Optimistic	Thankful
Excited		Thoughtful

Angry (Is there sadness, too?)

Anxious (Is there hurt, too?)

Ashamed (What are you telling yourself?)

Overwhelmed (Usually means you have a combination of feelings. What are they?)

Rage (Is there helplessness, too?)

Self-Righteous (Is there hurt, too?)

Stressed Out (What other feelings?)

Defensive (Is there sadness, too?)

Fearful (Is the fear helpful or not?)

Don't Care (Are you sure?)

# VALUES

*Use these words in conversations.*

Civility		Peace
Clarity	Giving Back	Personal Growth
Cleanliness	God	Playfulness
Communication	Happiness	Problem Solving
Community	Health	Reconciliation
Compassion	Honesty	Respect
Connection	Honor	Responsibility
Courtesy	Hospitality	Safety
Decisiveness	Hygiene	Self-Care
Dignity	Independence	Self-Control
Ease	Integrity	Self-Regulation
Emotional Intelligence	Joy	Simplicity
Faithfulness	Kindness	Sleep
Family	Learning	Success
Feeling Good	Love	Support
Flexibility	Loyalty	Teamwork
Freedom	Nature	Thankfulness
Friendship	Order	Thoughtfulness
Fun	Patience	Trust
Generosity	Others:	Values

# WHEN YOUR KID IS LOSING IT

*Go over these steps with your family.*

## **Maintain Your Composure**

Calm yourself (calm is contagious). Try yawning with intention.

## **Ensure Safety**

Safety first. If everyone is not safe, be helpful or get help. No hitting, hurting, yelling, or name-calling from you. If they're little and trying to hurt you, you can hold a pillow between you so they can hit the pillow.

## **Avoid Eye Contact**

A person who's losing it feels unsafe. Try avoiding eye contact and use a gentle tone of voice. If you speak, use few words (their brain isn't working very well). You can say, "You're safe. This is a safe place."

## **Notice their Body**

Say your observations out loud: "Your legs are stiff," or, "Is your heart beating fast?" Pause. Notice their reaction.

## **Connect with their Feelings**

Notice how they're feeling. Say, "You feel \_\_\_\_\_ because \_\_\_\_\_." (This doesn't mean you agree with them. You're just helping them process.) Pause. Notice their reaction.

## **Connect with their Values**

What's important to them? Don't focus on the "don'ts," such as, "You don't like it when..." Instead, affirm their values, "You care about \_\_\_\_\_."

## **Pause. Repeat above.**

Pause. Notice their reaction. You may repeat the steps above.

## **When the Family is Calm...**

Avoid rewards, consequences, and punishments (they can cause stress). Instead, teach emotional intelligence and self-regulation. Also, talk about family values. You care about love, safety, and kindness, and what else? As you make progress, celebrate wins.

## **Consider Getting Help**

A family member who loses it every day is very stressed. They can benefit from professional help with a wellness professional. As your mentor, make sure they come from a self-regulated family (ask). If they say, "Everyone yells," they're not the right person to help you.

# THE PERFECT YAWN

*Self regulate.*

Think about a time you felt the way you want to feel

Relax the eyes and forehead

Bring the tongue down from the roof of the mouth

Tilt your head side to side to loosen neck muscles

Bring your shoulders down from your ears

Yawn with a long exhale

Open the space at the back of the throat

Loosen your jaw

Let your belly drop

Breathe air into your lower lungs

Relax your gluts

Keep yawning

Wiggle your knees

Wiggle your feet

Massage your scalp

Stretch

Sigh

*Notice how your calm affects others.*



# SELF-CARE

*Numbing out is ok, and nurturing yourself is important too.*

What do I do to numb,  
check out,  
disconnect?

(Could be mindless eating or  
drinking, gaming, TV, internet  
scrolling.)

What do I do to connect  
and soothe?

Go outside

Cook

Friends

Family

Shower

Receive Support

Massage

Prayer

Write

Play

Make Stuff

Snuggle

Exercise

Clean

Learn

Give Back

Make a Difference

Get Good Sleep

Deep Breaths

Others:

# SELF-REGULATION

*What helps your family members self-regulate when stressed?*

*Family member 1*

*Family member 2*

*Family member 3*

*Family member 4*

# FAMILY SCREEN AGREEMENT 1

*Discuss and adjust regularly. Display.*

## **What are screens for?**

(Connecting, Creating, Learning,  
Consuming, Commerce, Work, etc.)

## **When do we use screens in our house?**

(What days, what time of the day)

## **What values do we agree to live by when we're online?**

(Safety, kindness, integrity, dignity, civility,  
compassion, courtesy, fun, generosity,  
health, respect, self-care, self-control,  
self-regulation, thoughtfulness)

## **Where do we use screens in our house?**

## **Where do we charge screens in our house?**

## **Where do we keep our passwords?**

# FAMILY SCREEN AGREEMENT 2

## **What online communities are we a part of?**

(Join and interact together.)

## **How to discern what's ok to post:**

1. Does it align with my and my family's values? (Is it safe and kind?)
2. If it involves others, do I have their permission to share?
- 3.

## **How do we select quality accounts to "follow"?**

(Ones that align with your values)

## **What does a child/teen do if they notice bad behavior, dangerous behavior, unhealthy behavior, or bullying online?**

(Report to parent, no one will get in trouble, but solutions or help will be sought)

## **Our family avoids these online**

(Obsessing over likes, scrolling, porn, gambling, illegal activity, addictive video games, conspiracy theories, inflammatory news, etc)

# FAMILY SCREEN AGREEMENT 3

## **How do we select quality entertainment to consume?**

(CommonSenseMedia.org can help)

## **How can we tell when we need to take a break or get help?**

(Heightened emotions, missing sleep or meals, losing our temper, obsessive thoughts)

## **Expectations for friend's houses:**

(Interacting in the same way we do at home, being on screens in the open, not behind closed doors)

## **Expectations for babysitters:**

(No internet, no phone usage unless there's an emergency.)

# HOW WE BREAK FROM SCREENS

## **Why do I need to take a break?**

(Tiredness, obsession, loss of sleep or meals, sadness, anger, worry, too much busyness, etc)

## **How will I restrict myself?**

## **What do I need to take a break from?**

(News, conspiracy, scrolling, Netflix, video games, Facebook, Instagram, TikTok, etc.)

## **What do I do when I feel tempted?**

(Tell someone, have a planned activity, etc.)

## **Things I can do instead of screen time:**

## **What do I do if I slip on one day?**

(Will I restart the timeline?)

## **How many days will I take off?**

(7 days minimum suggestion)

## **Who will I contact if I'm unsuccessful?**

(Find a professional who will support you.)

## **Who are my accountability partners?**

(Let them know if you are successful or not)

# SCREEN BREAK JOURNAL

My thoughts and feelings on day 1:

My thoughts and feelings on day 2:

My thoughts and feelings on day 3:

My thoughts and feelings on day 4:

My thoughts and feelings on day 5:

My thoughts and feelings on day 6:

My thoughts and feelings on day 7:

How will I thoughtfully re-engage with screens, or are there some things I can let go of now?

What can I do to help myself to lessen the possibility that this will happen again?

What do I want my life with screens to look like? What do I want my life to look like?

How do I want to spend my time?

# FAMILY MEETINGS

**When do we meet?**

**What do we do?**

(Pray, celebrate successes, solve problems)

**Who do we invite if we need extra help?**



# THE MORNING ROUTINE

## **How do we want to feel in the mornings?**

(Relaxed, fun, easy-going, focused, refreshed, loving,  
kind, safe, compassionate)

## **What do the adults need to do?**

(Help kids as needed, pet care, hugs.  
Practice the routine and grow the kids'  
autonomy as they get older.)

## **What do the kids need to do?**

(Homework, backpacks, brush teeth, get dressed,  
breakfast, pack lunch, shoes, hair, jacket,  
extracurricular materials, hugs before leaving)

# BID FOR CONNECTION

*From the Gottman Institute. Notice and respond to bids to create successful relationships with your spouse, kids, and coworkers.*

*Examples of bids:*

"Look at that bird!"

"I had a tough day."

"How was your day?"

"Did you like what I made?"

They touch you.

They yell at you.

They're mad at you.

They try to hold hands.

They write a note.

They sigh so you can hear.

They tag you online.

They call or text.

"Help me."

"Play with me."

"Learn with me."

They make eye contact.

They go with you on an errand.

They give you something (like a gift).

They get near you and watch what you're doing.

They do something for you, like clean the dishes.

They laugh and look at you to laugh together.

They do something naughty and look at you.

They invite you to do something with them.

They want to share something with you.

# APOLOGY

"I'm sorry.  
I care about you.  
I'll try not to do that again."

"Thank you.  
I care about you too."

# VISUALIZE

*Visualization aids success.*

## **Re-write your past.**

Remember a time in the past you wish had responded differently. Visualize what you would change.

## **Write your future.**

Imagine you're three years in the future.  
What is your family like?

## **Create a personal vision board.**

Cut and paste words and pictures from magazines that represent your vision for yourself. Look at it for inspiration.

## **Create a family vision board.**

With the whole family, cut and paste words and pictures from magazines that represent your vision together.  
Include hopes, dreams, and values.  
Display it where the family sees it every day.

# CELEBRATE SUCCESS

Focus on what you want.  
(Not on what you don't want.)

# HOW TO GET HELP

Ask yourself: "What am I stressed about?"

Find help from people and professionals who aren't in your usual circles. Who are your mentors?

Ask for help.

Get help.

Receive it. (Do what they say.)

If it doesn't work, keep going and ask elsewhere.

When it does work, notice how good it feels.