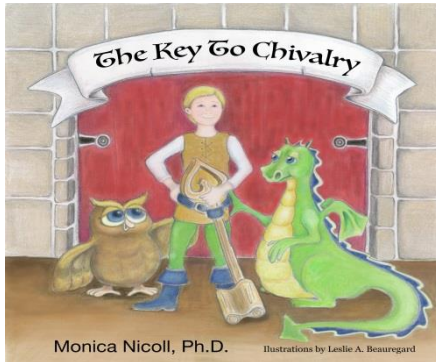


“Key to Chivalry” by Monica Nicoll, Ph.D.

For Teachers and Parents; Resilience, helping others, social-emotional competencies in a Fairy tale



Page One

Thomas thinks about his upcoming day where he is learning to be a knight. His dreams are lit up and his energy is charged. Coupled with the thought that he does not know how to do his new skills, he immediately thinks about the idea that he may not do well. This creates a reaction in his body and it feels like squirrels in his tummy. This is fear. His worry thoughts, his feelings, make his body react. We can physically feel our feelings in our bodies.

Parent and Teacher Key Focus



Concepts:

Anticipation, dreams, nerves, fear, new skills

Learning:

Have each child draw their dreams. Parents share your dreams from childhood.

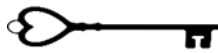
Have each child with your help find the steps they need to get to their dreams.

Draw each step on a staircase and identify what each step needs.

Page Two

Thomas has been patient over the last few years while he worked up to his time where his knight training began. Mundane tasks develop persistence, patience, and a time to believe in you. Thomas dares to dream and dream big... can you find your dreams?

Parent and Teacher Key Focus



Identify that every day we learn and that we are filling our minds and bodies with positive qualities. Make a list of all that you learned today.

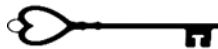
Page three

Word and deed, values, who do you intend to be, can people tell your intentions by your actions?

- Faith
- Charity
- Wisdom
- Diligence
- Hope
- Valor

The above virtues are featured in the Code of Chivalry.

Parent and Teacher Key Focus



What are your and your family's commitments, words to live by, and your code of chivalry?

Discuss how in your family or class, we act like we speak; if we say we are here to help each other then we live by helping each other.

Page four

The beginning of skill development does not bode well for Thomas. He falls and is not able to make his horse move. His legs are weary and he struggles with running and moving well. The beginning of skill development is the most crucial for self-kindness and compassion of others. The body and mind need time to develop and muscle memory development takes time. Everyone develops at a different pace.

Every day there is opportunity to learn new things. When we do not know how to do things it can feel scary or make us unsure of ourselves. We lose faith and trust in our abilities when we have not given ourselves time to learn. The learning curve is a place where we are as we develop skills. With encouraged practice, we will move around the learning curve to mastery. With judgement, we will negatively affect our minds and our bodies. This impedes learning and slows our minds down. Finding ways to improve by asking questions and watching others that can do a skill will help us find ways to learn and move around the learning curve. Mastery of a skill will feel fluid, flowing, and natural. The question for skill development is, "why not you".

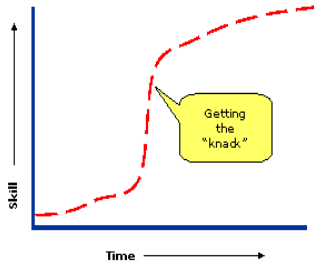
Parent and Teacher Key Focus



Persistence, shaping, chunking down, visualization, learning curve
disappointment, judgment, high expectations, courage

Learning curve: take time to let your muscles learn, practice, practice.

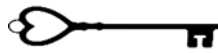
Learning new ways to make the skill happen. Be kind to yourself; compare yourself only to you and how well you did last week. We are on the learning curve for life



Page Five

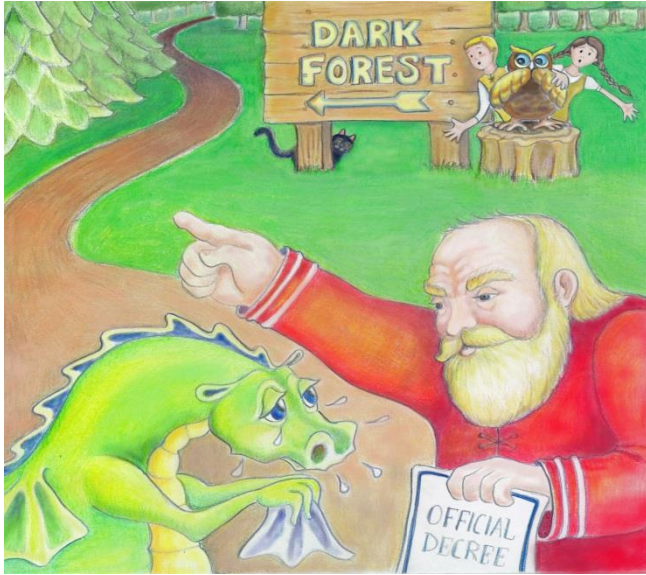
Disappointment is a natural feeling when things do not go well. Feeling disappointed or sad is ok, judging yourself is not ok. Being on the learning curve ought to be just that; there is much pressure to be great right away. We can watch others and compare ourselves. When someone learns faster or has worked on a skill before, they may be smoother and seem more able. Dragon thoughts or negative thinking can become a side effect of disappointment. Disappointment could be a feeling that is accompanied by strategic planning for how to solve the issue. Strategic planning is putting into place areas of improvement, new alignment of positions, corrections of arms, legs, and body, and also allowing time of practice. Not believing in yourself because you cannot do something creates tension in our bodies. These dragon thoughts can become a habit which leads to patterns of being unkind to you. Dragon thoughts and negative thinking patterns will not improve skills.

Parent and Teacher Key Focus



Dragon thoughts, negative thinking, monkey chatter, physiology

Identify 5 different ways that you can respond when things don't go flowingly. Develop your self-care toolbox for things to do to feel calm



Page six

Thinking positive thoughts, owl wise mind thinking, allows one to believe in oneself. The “I can do it” belief. When we have learned a skill and it does not work well, we can doubt ourselves and our abilities. Early memory reorientation can help.

Visualize the Early memory moments where we experienced a difficult time; the memory will pop into your mind... reconstruct the memory to see us doing well, wrapping the Owl’s wings around us, asking for what we need, and doing the skill well. Apply the new learning and trust in ourselves to the skill of today. Practice visualization which is seeing ourselves doing the skill well over and over in our imagination. This allows our minds to practice doing a skill well. We all have the capacity for negative and positive thinking our private logic

Parent and Teacher Key Focus 

Skill mastery, shaping changes in positions toward mastery, owl

Owl thinking, visualization, ER reconstruction, mindfulness

Time and practice makes skills improve. Describe your practice routine in school, in the field, or in your activity. Mindfulness is the focusing on one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

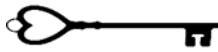
Early memory reconstruction: Feel the feeling and remember where you first felt this feeling. Was there a negative experience you can remember? These memories become part of your thinking. By examining the first experience, we can hug ourselves and tell ourselves what we needed in the first experience. Sometimes we hold onto thoughts that do not serve our practice. Let them go and rework being able to practice freely.

What is your positive thinking/Owl thinking? What are the thoughts that make you feel good and hopeful?

Page seven

Thomas pushes Dragon and his negative thinking out of him and into the forest. This is a good way to get rid of negative judgmental thinking. You cannot think positively and negatively at the same time. Give yourself a chance to learn a little each day. We do learn every day. We also belong without having to do everything perfectly or to do anything at all. We all deserve to be a part of our lives and to matter. We have worth just because we are!

Parent and Teacher Key Focus



Banishing dragon, banishing negative thinking, refocus

Comparing to others can give us negative feelings. Describe feeling worried about other's accomplishments or things they can do? It is ok to be happy for others but not ok to compare and make yourself feel less than.

Stop, drop and roll. Stop negative thinking in its tracks, drop the negative, and roll to positive and hopefulness. You can!

Refocusing means being in your calm mind; Good problem solving and right solutions come when we are in our wise owl mind. Talk things over when everyone is calm.

Page eight

Thomas tunes into his empathy and caring feelings. Caring about how others feel is good Knight Behavior and part of chivalry. Do you think of how others feel and think about how others may feel when they are being left out? Dragon was sad and lonely being by himself with no one around to care. He made it harder on himself by being negative. Do you know someone that is negative or says negative things a lot? This person can be discouraged and does not know other ways to relate to people. Everyone can learn. Everyone can learn to re-think their old ways of negative thinking and find positive ways to connect. With positive Owl thinking, Dragon became a nice part of the group. This made him feel good too.

Parent and Teacher Key Focus



Empathy, empathy action, letting go putting negative into the wind to be carried away

Describe a time where you helped someone.

At the end of the day ask your little ones who they helped today? This is healthy communication.

How did it feel to help someone?

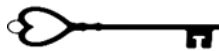
In your imagination, picture a hot air balloon; put the negative experience, negative thoughts in the hot air balloon and let it go.

Page Nine

Little squirrels in your tummy are ok as long as they come along with good thoughts of "I can do". Those are your nerves; your feelings in your body. Big squirrels, guppy breathing or shallow breathing, beating heart, and sweating, are signs that there is too much arousal in your body. Too much arousal hampers your muscles from doing their jobs. By deep breathing, breathing counting in for 4 and out for 4, seeing yourself in your mind's eye imagining you doing the skill well, will give you a good feeling and capableness. Tune into expectations. Are you carrying your parent's expectations, your coaches', your teachers'? See yourself doing your skill. Then let go of how it will all turn out and let the day roll on. It is this moment that you have done your best for now. Let that be ok. Breathe deeply.

Note your monkey chatter or your noise in your brain. Listen to what you say when you are doing things. Bring Owl in and wrap yourself in positive thinking. I can do my best.

Parent and Teacher Key Focus



Nerves, thinking inform our bodies, arousal levels, relaxed breathing, and visualization

Breathing for Calm. Take 10 minutes each day to practice breathing focus, count to 4 inhale and count to 4 exhale. Feel your heart rate slow down.

Teach visualization by each student seeing themselves do their skills from start to finish. Make sure that they are positively finishing their skills.

Teach body scanning. From feet to the top of your head, allow each body part to relax, slow your breathing; let go of all thoughts and worry; be in the moment.

By deep breathing, calming can over the body. Too high expectations, perceived parent pressures, or trying to prove yourself can lead to increased arousal levels where your body can feel jittery, stiff muscles, and shaky in your chest. It is ok to be excited. Too much can make your skills difficult. Breathe deep, visualize, and focus on letting go of the end result. Just do.

Page ten

Chivalry means helping and honoring others. Thomas helps Mrs. Gray and there is great warmth in our hearts when we help others. Having kindness and empathy is a good Knight skill as we understand that everyone may struggle. It can feel wonderful having someone understand our feelings and take the time to know what we really need. Notice others around you. Imagine how they are feeling. Always stay tuned to how you are feeling. Know what you need! During his knight training, Anya helped him to practice with encouragement and good self-belief.

Thomas puts his practice and courage into his test. He lets all expectations go and trusts in his muscle memory and hard work. He breathes deep and tries his best. There is such a warmhearted feeling when you accomplish your dreams. It is your dream. Where you are with a skill is as far as you have learned. Stay focused on your practice only...

A ceremony or celebration can be big or small. Take a moment each day to acknowledge what you can do and something that you did today that made you feel warm inside and special. Let the warmth wash over and through you. Feel the warm feeling in your heart. You deserve to feel good.

Parent and Teacher Key Focus 

Encouragement, ceremonies, special events in your family, kindness toward others, catching students helping others or making positive choices

What made you feel special in your day today?

What is your favorite memory in your life so far?

What surprises you in your day at times?

What did you like that your teacher, Mom or Dad, or friend did today?

What encouraging words do you say to Mom or Dad or friends or teacher?

Identify your dreams and how it feels when they happen.

What are special events or traditions that you and your family or a friend's family does?

What are encouraging words that you enjoy hearing from your teacher or your parent or your coach?

Love, listen, laugh, and practice..

