

**Read the texts and match them to the problems they help to solve. One problem is extra.**

1. THE WIFE MAKES HER HUSBAND FURIOUS BY BEING LATE
2. THE PHONE RULES THE LIFE OF THE TEEN
3. A THREE-YEAR-OLD BOY ALWAYS DISOBEYS HIS MOTHER
4. KINDERGARTEN CHILDREN FIGHT OVER TOYS
5. THE TEEN SPENDS ALL HIS TIME ONLINE FORGETTING ABOUT HIS HOMEWORK
6. THE TEN-YEAR-OLD BOY CAN'T COPE WITH HIS SMALL BROTHER

### SUBLIMINAL PERCEPTION (ПОДСОЗНАТЕЛЬНОЕ ВОСПРИЯТИЕ)

- A.** Ronnie and Jamie both grabbed the yellow truck; the teacher took them aside and asked if they could come up with five ways to solve the problem. They thought about it and then suggested taking turns, sharing, getting another truck from the toy chest, doing a different activity, and building a truck together out of Legos. This is the kind of thinking the teacher is seeing more and more. Brainstorming has opened her children's mind to new possibilities.
- B.** At the sound of his angry voice, I usually responded defensively, and then we were on our way to an ugly confrontation. But this time I walked away for a few minutes, took some deep breaths, and when I walked back into the room, I was able to hear him out. Bill told me that he was so frustrated at having to wait for me whenever we went out. He also spoke about punctuality as something he highly valued. I suddenly realised he was right. It was then that I apologised. My husband ended up giving me a hug and thanking me.
- C.** The boy started cutting off the ribbons on the helium balloons. His brother was furious! Instead of going after the little one, the boy went upstairs, cooled off, and came back when he felt calmer. He gave him an "I-message": "I'm really upset about what you did to my balloons. You wouldn't like it if I did that to something of yours!" He said it in such a respectful way that his brother was shocked. He said, "I'm really sorry. Would you help me fix them?"
- D.** In the past, the fiery look in my son's eyes would put me right over the edge. It would lead to a screaming quarrel, marking the beginning of a very bad day. Now I breathe deeply, make a calming statement, and remind myself not to yell. I use "I-messages" too. "You-messages" tend to make him angry. For example, if he refuses to dress, I might say, "I'll put your clothes right here. As soon as you're dressed you can have breakfast with us." It's working.
- E.** The mother: "You're so selfish! If you don't turn it off now, I'll rip it out of your hands." Jenny: "You don't want me to have friends. I hate you!" When parents fight with kids, behavior can go from bad to worse. Each fight damages good feelings and makes the next fight more likely. Parents shouldn't use negative labels, e.g. selfish, lazy, irresponsible. Decide ahead what the rules are, e.g. 'No cell phone at dinner'. Speak in a quiet, low-pitched voice. Stop the behaviour before things get worse. After the first warning, Mom should take the cell phone away. Leave the room when tempers rise.

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