

Monday Montessori Moments



Monday March 14, 2016

A Message from the Counselor:

Habit 5-Seek first to Understand, then to be Understood

Wouldn't it be great if they "just listened?"

"Listen first. Talk second." Too often instead of really listening, we are busy forming our response in our mind. This Habit is about not just hearing with our ears, but looking at body language with our eyes, and using our hearts as well. We listen to understand who that person is, how they feel about something, and how they view the world. This is the habit we are focusing on this month. Here are some ways to apply this habit at home:

Pretend listening: Have your child try to tell you something while you are doing something else. "Pretend listen." (Uh-huh. That's nice.) Talk to them about how that felt. Have them tell you again while you give your child your full attention. Now switch. Have them play or draw while you talk. Then have the child really listen. Talk about how it felt for you and them. Remind your child this kind of listening is an example of Think Win-Win.

What feeling? Take turns acting out feelings (happy, sad, bored, hurt, angry, hungry, etc.) without words. Try using appropriate actions rather than exaggerations.

Repeat. Try saying the phrase "I didn't say you did it" varying the tone of voice and emphasizing a different word each time and discuss the way it alters the meaning.

Echo. For older kids and adults: Do you have an issue with your spouse or teen. Go to them and say, "Help me understand your point of view on this." Then really listen without interrupting. When they finish, repeat in your own words what you heard. Ask, "Is that right? Is there more?" When they feel heard then ask, "May I share how I feel about this?" Make sure to voice your concerns in a way that acknowledges the other person's value using "I" statements.

Words to use:

"So if I understand, you are saying _____"

"Help me understand your point of view."

"It seems like you are distracted. Is there a better time for me to share this with you?"

"Is now a good time for me to share a concern I have?"

"Excuse me, are you listening or pretend listening?" (Young child)

"What does your heart think she meant when she said that?"

"I am concerned when I see _____ because I know that you are a good kid. You are usually so thoughtful. Help me understand what is going on here."

Seeking first to understand takes time to master, but it makes a huge difference in building relationships

~Source: The Village Charter School

~Valeri Cruze



March 15th

Boxtops Store

March 17th

Half Day AM Kinder

out at 10:00

PM Kinder and 1-9

out at 1:00

March 18th

~No School,

Professional

Development

~ Gala, 5:00-9:00 PM

at Hub 801

March 23rd

8th Grade Parent

Meeting

March 24th

Ski Night @ Powder

Mountain

March 28th

SAGE testing begins

March 28th- April 1st

Literacy Week

March 31st

Literacy Night 6:00-

8:00 PM

APRIL

April 4th -8th

Spring Break

April 12th

Spring Pictures

What's New at MMA?

Last Week to **Buy Gala** **Tickets!**

MAPA will be selling Gala tickets for \$25 before and after school on the following dates:

- * Monday-Thursday, March 14th-17th

You can also purchase them online at:

<https://squareup.com/market/mapa/gala-attendee-ticket>

If you are purchasing your tickets online be sure to note your meal choice if you are vegetarian in the notes section provided on the payment page.

Tickets purchased the night of the Gala at the door will be \$30.

This is the schools biggest fund raiser of the year and, will help the school in many aspects. We encourage all parents to come and invite other members of the community to participate in a night of fun, food, and art!

We look forward to seeing you!

8th Grade Parent Meeting!

8th grade students and parents are asked to attend a meeting on the night of the 23rd at 6:00 PM to discuss next year's Freshman Field Trip. The much anticipated location reveal will be made at this meeting so don't miss out!

Family Literacy Night



THURSDAY
March 31st
6PM-8PM

“MAY THE READING FORCE BE WITH YOU”

Activities for ALL ages!

- Meet Local Authors
- Play Book Trivia
- Take part in a Reader's Theater
- Storytelling
- Crafts
- And MUCH MORE!

Bring a “picnic” dinner and eat in the gym with your family and friends

Dress as your favorite book character!

The MMA Review



Extra Extra!!

Copies of the MMA Review are still available! Get yours now before the spring addition comes out! Copies are available at the front office for \$3.00. The MMA review was made by our very own students, and showcases individual talents and abilities grades 1-9.

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MARCH 15 TO MAY 24

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