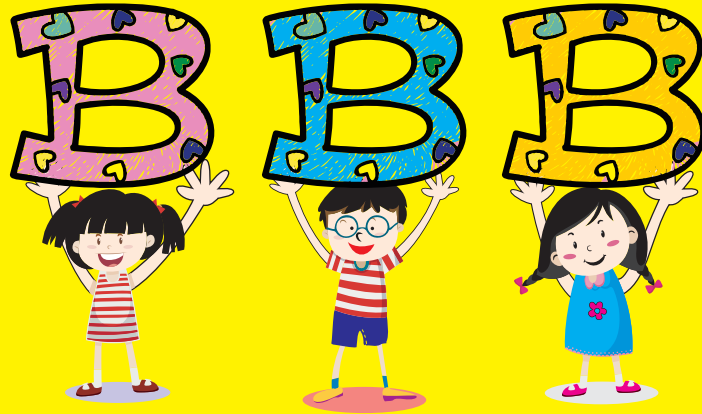


## The Triple Letter Game

Adivvaret Kids brings one of the innovative engagements between the parents and the kids. This game is called The Triple Letter (TTL) game.

TTL is based on three activities and each activity starts with the same letter, so that it would be easy for the parents and the kids to remember and reflect the learnings of the game.

In the current issue, the letter "B" is picked up for the TTL.



### BRAVENESS

We are born fearless and brave. It is the people around us who put fear in us.

Let's ponder on a story; In a circus an elephant does various tricks at the instruction of the ring master. The elephant gave birth to a baby elephant. Now the ring master had to take care of the baby elephant. The master tied the baby elephant into a small stump. The baby elephant tried hard to make himself loose free but the little stump was heavy enough at that stage for the baby elephant to remove it. After few attempts the baby elephant gave up making himself free from the little stump. The ring master kept using the same stump to tie the elephant. Even the elephant now grow bigger and could remove a stump of more than 10 time heavier, still he did not try to remove. Do you know why? The elephant has developed a perception that it can not remove the stump.

Are we building such small stumps for our children?

Children need courage when they are learning to do something for the first time, it can be learning how to ride a bike or entering a new social situation. Even if they are scared, children have this endearing quality of still trying to do something on their own.

Having courage helps children to persist against challenges, and in the process it nurtures their self-esteem. When children feel good about them and see that they have the personal power to make bold choices, they are more likely to lead personally satisfying and successful lives.



As parents, how can we encourage our children to continue to be brave and find that courage to think different, make bold choices, stand up for themselves and their friends and charter forward in life.

Lets have a game to sync your aspiration and your kid's affirmation for the same.

## **BIG: Think Big!**

One big ingredient in this exercise is introducing our children to the ability to thinking big!

Lets start an activity of "paper boat" or "paper aeroplane" making competition. You can declare that the best made boat or aeroplane would be awarded. You may keep different size of papers at disposal before start of the game. Therefore, instruct the family members to get the papers from the particular place, where it is kept.

While your child is selecting the size of paper, the cognitive function starts from there. Any limiting factor would make a child to select a small size paper. Thus to check such limiting factor, you may ask each of the participant (your spouse, your other child, your parents, if they are available) the reason for selecting the particular size of the paper. If you find your child is having a limiting perception, correct it there itself.

## **BELIEVE: Believe that you can do it!**



Now your child is with the biggest size paper to make a paper boat or paper aeroplane. There may be doubts in your child's mind how to do it. Keep encouraging to get the paper boat or paper aeroplane made from the paper. Since all of the family members are making the paper boat or paper aeroplane, your child would also be encouraged to do it. DO NOT DO IT FOR HER OR HIM.

Let the child complete it.

At this stage of the game, you as a parent, your role is to inculcate the "Belief" that a nice and big boat can be made out of that big paper. Let the child live in that belief system that everything is possible, does not matter what would be the outcome.

### **Condition of the game:**

create a joyful environment at your home. All the family members gather in a place where each family member would be comfortable. Lets keep all the electronic gadgets away from the gathering. Keep a centre table and sit all the family members around the table.

Lets play the game!



Once everyone finishes the paper boat or paper aeroplane, put them in a row to select that which one is better. Give the child the power to decide which one is better.

Either child decides, his/her paper boat is better or decide other family member's product is better.

If the child picks her/his boat or aeroplane better, accept it and ask why it is better than others.

## BLESSING: Count your Blessings!

At the third phase of the game, it is time to teach one of the most important lesson of life. Count your blessings.

In the phase two, you have already decided the winner and the gift has already been disbursed. Enjoy that moment along with your family members.

If the child picked other member's product, ask the child "how can you make your boat or aeroplane equally perfect since you have bigger resources (paper)?"

You can expect the child to say "learn from the person". If your child is saying that, you must feel proud for the fact that your child has the attitude to learn to make himself/herself better. Now start the learning session for your kid to know how to make the paper boat or paper aeroplane better.

If your child is not saying "learning from the person who has got the better boat or aeroplane", keep prompting him to inculcate the lesson of learning from others.

If the child had picked his/her product, ask your child "what are the things that the second best

Post that you may ask whose boat or aeroplane is the second best.

If the child picks other member's product, accept it and ask why the person's product is better.

Based on the child's choice, reward the person.

**This exercise will also allow the child to take decision**

person has done best in his/her product."

Let the child identifies few areas.

Once the areas can be identified, ask the child "how can you make your boat or aeroplane equally perfect in those areas since you have bigger resources (paper)?"

Follow steps as mentioned above.

Inform and inculcate that "learning from others is a blessing" and "others are ready to teach is a bigger blessing".

A blessing is one of the most powerful ways to give one's best abilities for the benefit of others. All of us use our resources just for ourselves or for those in our closed circles. What if you go beyond and bless others outside of this small circle, and see things happen? It's immensely gratifying and satisfying to see others do well with the power of one's blessings.



**Go ahead, help your child to think big, dream big, And BE BIG!**