



INTEGRATING MOSAIC INTO YOUR HOME

Things you can do:

1. Create home norms together through co-creating a house flag

Home Flag Activity

- As a family, select a symbol to represent your values. This symbol can be an animal, object, shape, or commonly used symbol. (Examples: a peace symbol, a bird, a question mark, a heart, a tree, the earth, all the family members' hands traced).
- Together, draw your symbol, very large, on a "flag". You can use a sheet or a large piece of poster board. Don't color it in. It should be large enough and open enough that there is space inside it for many words.
- Keeping in mind the MOSAIC acronym, brainstorm all the behaviors and qualities required to live well together as a family (e.g. respect, honesty, communication, listening, inclusion). Ask your child/ children what they NEED to be happy and live peacefully together. Offer up your own ideas.
- Together, write everything you list as a positive value inside the symbol.
- Now, brainstorm what you do not want if we are to live peacefully together. (e.g. name calling, hitting, talking while others are talking). Together, write those outside the symbol.
- Explain that these are rules or expectations that we are creating for our family so that we can have a reminder about what we value and who we want to be as a family.
- Once you have created a flag that everyone feels good about, have everyone sign, and/or thumbprint, the flag. If you want, you can tell your children and family members that the flag is a work in progress and can be added to whenever someone has a new idea about something that they need.

2. Learn and reinforce the MOSAIC values with your child.

M – Mutual Respect

O – Open Mindedness

S – Self Respect

A – Attitude (a positive one!)

I – Individuality

C – Community

3. **Sing Mosaic Songs Together!** Kids love our music and it is a fundamental part of our curriculum. The CD is available for sale at <http://www.mosaicproject.org/cds>. Here are the lyrics of our theme song:

The Mosaic Project Theme Song © 2001 The Mosaic Project

M is for MUTUAL RESPECT - Don't put me down and don't hurt me.
O is for OPEN MINDEDNESS - See me for who I am and don't judge me.
S is for SELF RESPECT and A is for ATTITUDE
You gotta love yourself and stay positive.
I is for INDIVIDUALITY and C is for COMMUNITY
When we come together in the places we live.
MO MO MO MO MO saic (many times)
And if we live by these lessons, And spread them across land and sea ...
We can create a better future...And live together in peace.

4. **Help your child to understand and identify key Mosaic terms.** You can help cultivate peace in your home and community by supporting your children in understanding and identifying certain behaviors that impede peace. Understanding these words can help us to recognize them when we see them. This is the first step to helping to stop them!

Stereotype: A label. (A generalization about a whole group of people applied to one person, without regard for individuality, like a label.)

Prejudice: A judgment made about someone without knowing the person.

Discrimination: An action based on stereotypes and prejudice.

5. **Learn and use the Mosaic 5 Steps to Conflict Resolution with your child.** The conflict resolution model offers basic tools for each person getting to talk and be understood.

5 Steps to Conflict Resolution

1. **STOP** Cool off. Take a deep breath. Take some time to reflect.
2. **TALK** Share your feelings using *I Statements*.
3. **LISTEN** to each other. Find out what you both need.
4. **EMPATHIZE!** Let the other person know you understand them.
5. **PLAN** Brainstorm solutions and agree on a plan.

6. **Use I-Statements with your child and encourage your child to use I-Statements with you.**

When we use an I-statement, we are talking about ourselves, not the person who we are in conflict with. I-statements are easier to hear than you-statements because we when we hear them, we don't feel so defensive. I-Statements are a way of asking for what you need that might make people actually give it to you! With an I-Statement, the speaker identifies a problem to be solved instead of attacking the other person (as with statements starting with "You did..."). This makes the listener feel more willing to try to solve the problem. It is a way of taking care of your own needs while being sensitive to the other person. It is an assertive form of communication. As a way to learn, we recommend initially forming I-Statements with the following format:

Feeling	I feel	_____
		(heart feeling word)
Situation	When I	_____
		(describe what exactly happened)
Need	Because I need	_____
		(what you need, value or appreciate that you are not getting right now)
Request	And I want	_____
		(request, what you're asking for)

Remember that our MODELING is our best teaching tool. What we do is much more powerful than what we say!