



Habit Four: Think Win-Win

Think win-win is the idea that everyone can win. It's not me or you—it is both of us. It is a belief that there are enough good things for everyone; it is a positive way of thinking. Thinking win-win is being happy for others when good things happen to them.



Activities to Try at Home:

1. Play a game with your child that has a definite winner. Talk about how competition is okay when you play a game, but it is not always helpful in relationships. Discuss how tense it would be in your home if every situation had to have a winner. A better way to think is win-win. This means we think of solutions that we all feel good about when there is a problem. The more we think win-win, the fewer problems there will be.
2. Encourage win-win solutions to sibling disputes. Don't always be the mediator; let them work out a solution that allows both people to win. Be sure to shower the children with praise when they do.
3. Think of a conflict you tend to have with your child (homework, eating vegetables, cleaning his or her room) and then discuss a win-win solution to the conflict. Write down the solution and then remind each other of it the next time the problem arises.
4. Check out some of the following picture books at the library to use as a springboard for discussion about "thinking win-win."
 - a. *The Rainbow Fish* by Marcus Pfister—The Rainbow Fish believes he is the most beautiful fish in the ocean, so he won't play with the other fish. Once he has no friends, he seeks out advice and is told to give away some of his beautiful scales. When he decides to be a leader and think win-win, he gives away his scales and realizes how good it makes everyone feel.
 - b. *The Doorbell Rang* by Pat Hutchins—Sam and Victoria can't wait to eat the cookies Ma made. Then the doorbell rings. Friends arrive and Sam and Victoria share their cookies until there are so many friends that they only have one cookie each. Sam and Victoria are great examples of being leaders and thinking win-win.
 - c. *Frederick* by Leo Lionni—Frederick learns to solve a problem for others by sharing his creativity to think win-win.