The Compass Advantage

A Tool for Raising Genuinely Successful Kids

Children achieve to their highest potential by mastering eight core human abilities. When we envision those abilities as an internal compass, it is easy to see how parenting, education, mentoring, and child development go hand in hand. Parents and teachers who intentionally foster the following abilities in kids, help them become healthy, productive, and successful in life. Children and teens become pilots of their own lives rather than a life someone else charted for them.

CURIOSITY

Curiosity is the ability to seek and acquire new knowledge, skills, and ways of understanding the world. We nurture curiosity and other life-long learning skills when we encourage children to identify and seek answers to questions that pique their interests.

SOCIABILITY

Sociability is the joyful, cooperative ability to engage with others. We impact sociability when we facilitate conditions under which our children feel loved, respected, and connected -- by helping kids understand that the words they choose make a difference to the relationships they create.

RESILIENCE

Resilience is the ability to meet and overcome challenges in ways that maintain and promote well-being. We build resilience when we gently push children to the edges of their intellectual, emotional, social, and physical comfort zones, and support them through life's challenges and obstacles.

SELF-AWARENESS

Self-awareness is the ability to examine and understand who we are relative to the world around us. We stimulate self-awareness when we engage kids in reflective conversations about values, beliefs, attitudes, and moral dilemmas.

INTEGRITY

Integrity is the ability to act in ways consistent with the values, beliefs, and moral principles we claim to hold. We shape a child's integrity by treating them with respect and dignity, and listening to their feelings and concerns without judgment.

RESOURCE-FULNESS

Resourcefulness is the ability to find and use available resources to achieve goals, problem-solve, and shape the future. When we set high expectations and support kids as they work to accomplish goals, we develop their resourcefulness.

CREATIVITY

Creativity is the ability to generate and communicate original ideas and appreciate the nature of beauty. We inspire creativity when we encourage young people to express themselves through writing, acting, art, unstructured play, etc.

EMPATHY

Empathy is the ability to recognize, feel, and respond to the needs and suffering of others. We influence kid's ability to care for others by creating meaningful relationships with them -- by making sure they feel seen, heard, felt, and understood.



Information Source:
http://www.rootsofaction.com/successful-kids/

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Curiosity

The Heart of Lifelong Learning

Curiosity is the ability to seek and acquire new knowledge, skills, and ways of understanding the world. It is at the heart of what motivates successful kids to learn and what keeps them learning throughout their lives. Curiosity facilitates engagement, critical thinking, and reasoning. We nurture children's curiosity and other life-long learning skills when we encourage them to identify and seek answers to questions that pique their interests. When we help them recognize failure as an opportunity for exploration, we encourage experimentation and new discovery.

VALUE AND REWARD CURIOSITY

When you notice your child engaged at a hands-on science museum, occupied with solving a problem, glued to a good book, or absorbed with a new video game, acknowledge their quest for learning.

HONOR THE WAY YOUR CHILD LEARNS

Curiosity evolves when we encourage children to think for themselves, regardless of their strengths and weaknesses, rather than exercising power over how they think or learn.

ENCOURAGE CHILDREN TO TINKER

Tinkering is constructive play with feelings, concepts, ideas, and materials. Encourage children to explore. Tinkering with materials, thoughts, and emotions stimulates intellectual curiosity and leads to innovative outcomes.

MODEL INTELLECTUAL CURIOSITY

What are you most curious about? How were you motivated by your own parents, teachers, and mentors? Let your children observe how you are motivated to learn. Share stories about how life is richer when curiosity fuels our learning.



Information Source:
http://www.rootsofaction.com/sociability-how-families-learn-together/

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Sociability

The Core of Social Learning and Wellbeing

Sociability is the joyful, cooperative ability to engage with others. It is derived from a collection of social-emotional skills that help successful kids understand and express feelings and behaviors in ways that facilitate positive relationships, including active listening, self-regulation, and effective communication. We impact children's sociability when we help them understand that the words they choose make a difference to the relationships they create. When we teach them that every social interaction is tied to an emotional reaction, we help them avoid impulsive behavior and think through difficult situations before acting.

PRIORITIZE A LOVING RELATIONSHIP

Families foster sociability by listening to each other with love and respect. They communicate, cooperate, and set boundaries in positive ways, without shaming or blaming.

CREATE FAMILY SOCIAL NORMS

Children learn to cooperate, not through forced rules and compliance, but by giving them a voice in creating their futures. As a result of their involvement, children come to value cooperation because this behavior rewards them with positive relationships.

INSTILL EMOTIONAL INTELLIGENCE EARLY

Create a common "social language" that becomes part of your family culture. This language contains familiar, understandable ways to communicate with family members, including how to listen, show gratitude, and apologize.

MODEL A POSITIVE RELATIONSHIP

We can be so focused on "getting everything right" for our kids that we overlook what children learn from watching their parents interact with each other. Children learn about intimate relationships from their parents—learning that impacts them for a lifetime.



Information Source:
http://www.rootsofaction.com/sociability-how-families-learn-together/

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Resilience

The Capacity to Grow from Adversity

Resilience is the ability to meet and overcome challenges in ways that maintain or promote well-being. It incorporates attributes like grit, persistence, initiative, and determination. We build resilience when we push children gently to the edges of their intellectual, emotional, social, and physical comfort zones. When we support and encourage youth as they take risks, overcome challenges, and grow from failure, they learn to bounce back from life's ups and downs. Resilient young people feel a sense of control over their own destinies. They know they can reach out to others for support when needed, and they readily take initiative to solve problems.

EXPLORE HEROIC STORIES

Heroes are more than myths or legends. They show how humans break down barriers that limit them. When families explore the role of heroes in books and movies, they help children reflect on how we learn to overcome life's challenges.

DEVELOP POSITIVE RELATIONSHIPS

Building supportive family relationships is critical to developing resilience in children. When parents model good communication and problem solving skills, children learn to believe in themselves and overcome life's obstacles.

EVALUATE SPORTS ACTIVITIES

Not all sports foster resilience. Look for activities that develop strategic thinking; that your child devotes continuous dedication to; and that are balanced with other activities that are of interest to your child.

FOSTER CHARACTER STRENGTHS

Character strengths and virtues, like perseverance, teamwork, gratitude, and bravery help build resilience. Families who understand and foster character strengths in each other raise resilient children.



Information Source:
http://www.rootsofaction.com/sociability-how-families-learn-together/

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Self-Awareness

The Source of Meaning and Purpose

Self-awareness is the ability to examine and understand who we are relative to the world around us. It is developed through skills like self-reflection, meaning-making, and the process of honing core values and beliefs. It is situated at "true south" on the compass to symbolize that introspection is about looking southward, into ourselves. Self-awareness impacts the capacity for successful kids to see themselves as uniquely different from other people. We stimulate children's self-awareness when we engage them in reflective conversations about values, beliefs, attitudes, and moral dilemmas. When we encourage them to understand and attend to their intellectual, emotional, social, and physical selves, we let them know we value their full human potential.

GIVE HONEST FEEDBACK

When given constructively, children understand that feedback helps them learn about themselves. Children who are encouraged to reflect on their behavior, actions, and performance, most often take responsibility to improve.

TALK ABOUT CHARACTER

Children become aware of their character strengths and weaknesses by recognizing them in others. Use books and movies to stimulate family conversations about virtues such as open-mindedness, bravery, kindness, leadership, forgiveness, gratitude, and more!

BE A SERVANT LEADER

Parents are leaders. Being a servant leader involves bringing out the highest and best in your child from the inside out. This contrasts with driving results from the outside, often with a focus on correcting your child's deficits and maintaining authority over them.

PRACTICE MINDFULNESS

Mindful practices grow self-awareness, help families cope with stress, improve concentration, generate empathy, and strengthen the neural systems of the brain! Parents teach children to be mindful warriors through deep observation and listening.



Information Source:
http://www.rootsofaction.com/self-awareness-meaning-purpose/

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Integrity

The Basis of Social Harmony and Action

Integrity is our ability to act in ways consistent with the values, beliefs, and moral principles we claim to hold. Derived from 'integer,' the Latin word for whole or complete, it refers to a human state of virtue and wholeness. Children are not born with integrity or the behaviors we associate with it. We shape a child's integrity by treating them with respect and dignity, and listening to their feelings and concerns without judgment. When we praise children for demonstrating their values, beliefs, and principles through actions, we remind them of their value as ethical human beings. Beyond a single ability, integrity is a collection of virtues, including honesty, courage, honor, respect, responsibility, restraint, and authenticity.

ARTICULATE FAMILY VALUES

What are your family values? Can your child discuss and defend them? Family values impact healthy child and adolescent development in profound ways and should be intentionally articulated through a parent's words and actions.

DEVELOP A MORAL VOCABULARY

Words like honesty, trust, fairness, respect, responsibility, and courage are core to family beliefs. Use them and others to express and reinforce your family values. Ignite meaningful dinner conversations and encourage kids to talk about these values.

REWARD RESPECTFUL BEHAVIOR

When your children show integrity, tell them what you admire about their behavior. Letting children know that honesty and respect for others is more highly valued than quantifiable wealth or intelligence helps kids understand the true meaning of being wholly human.

BE A ROLE MODEL

Research shows that role models live their values. As a role model to your children, you can help them understand how integrity is part of a successful and rewarding life. Review what you say or share on social media. Does it reflect your values? Is it hurtful to others? Children are watching and learning from your actions.



Information Source:
http://www.rootsofaction.com/self-awareness-meaning-purpose/

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Resourcefulness

The Power to Shape the Future

Resourcefulness is the ability possessed by successful kids to find and use available resources to achieve goals, problem-solve, and shape their futures. It draws on skills like planning, goal-setting, strategic thinking, and organizing. We encourage children to be resourceful when we set high expectations and support them to accomplish their goals. When we teach them to be strategic thinkers and adaptable problem-solvers, they learn to live without rigid rules or preconceived ideas. As parents, we help children become resourceful when we walk beside them through the everyday practice of being goal-directed rather than setting objectives and problem-solving for them.

LET GO OF PERFECTIONISM

Studies show that perfectionist attitudes can interfere with a child's ability to achieve goals. Parents help children avoid the pitfalls of perfectionism by focusing on the learning process, not just the result, and by helping kids set realistic goals..

REINFORCE THE POWER OF REFLECTION

Encourage your child to review her thinking processes. What did she learn? What would he do differently next time? This process not only develops resourcefulness, but also increases a child's self-awareness.

EXPOSE KIDS TO POSITIVE ROLE MODELS

Children learn positive strategies to achieve goals by modeling others with growth mindsets. When parents see themselves as active learners and achievers who accomplish goals through hard work and perseverance, kids also strive to be their best selves.

TEACH THE ART OF POSITIVE SKEPTICISM

When we teach kids to be skeptics —to require additional evidence before accepting someone's claims as true—we also teach them to be curious and resourceful problem-solvers.



Information Source:
http://www.rootsofaction.com/resourcefulness-children/

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Creativity

The Epicenter of Exploration and Discovery

Creativity is the ability to generate and communicate original ideas and appreciate the nature of beauty. It fosters imagination, innovation, and a sense of aesthetics. We inspire creativity when we encourage young people to express themselves through writing, poetry, acting, photography, art, digital media, unstructured play, etc. When we notice and praise them for thinking outside the box and taking risks, children's imaginations blossom. To nurture creativity at home, parents must focus beyond outcomes to understand how creativity originates. What is most important is to reinforce the thought processes and attitudes of mind associated with creativity. These include the exploration of intrinsically meaningful ideas as perceived by your child.

ENCOURAGE "POSSIBILITY THINKING"

When parents pose the question "What if?" in multiple ways, they help children naturally think of creative possibilities. This encourages children to shift from asking, "What is this and what does it do?" to "What can I do with this?"

NURTURE YOUR CHILD'S INTERESTS

Creativity blossoms when children feel invigorated by activities they enjoy. Allow them to choose their after-school activities. Encourage them to more deeply explore those activities in essays and projects at school.

EXPLORE THE BEAUTY OF NATURE

When children and nature collide, the results are magical! Critical thinking skills are developed as children learn to make inferences and draw conclusions. They learn by tasting, touching, and seeing wildlife and flora in ways they cannot learn from books.

ADVOCATE FOR THE DAYDREAMER

When kids daydream, they explore associations, make connections, and search for possibilities. Research shows that both daydreaming and the use of solitude for reflection are among the attributes of highly creative people.



Information Source:
http://www.rootsofaction.com/nurturing-childrens-creativity/

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Empathy

The Root of Caring and Engaged Citizenship

Empathy is the ability to recognize, feel, and respond to the needs and suffering of others. It facilitates the expression of caring, compassion, and kindness. When children develop empathy, research shows they thrive in school and life. They also learn to impact their communities in positive, often extraordinary ways. When we expose children to different worldviews, engage them in family community-service projects, and show them how to treat neighbors with kindness, we develop higher levels of empathy and compassion. As families, we have a moral imperative to rethink how we teach kids to care in a more complex, and data-driven world.

CREATE A CARING RELATIONSHIP

Family members who know, appreciate, and respect a child regardless of external accomplishments, help that child feel emotionally attached to a caring adult. These kinds of loving relationships increase a child's ability to care for others.

LISTEN FOR UNDERSTANDING

Active listening is a practice that helps parents and children grow in their understanding of each other. Three skills most often associated with good listening are: 1) Respect the other person, 2) Listen more than you talk, and 3) Always seek understanding.

HELP KIDS LEARN FROM VOLUNTEERING

Children gain developmental benefits from participating in community service. Tweens and teens are especially ready to stretch in ways that bring deeper meaning to life. But to do so, they need adult support and encouragement.

LEAD WITH EMPATHY

Family values are reflections of who we are and how we parent. When parents lead with empathy, gratitude, and kindness, children learn to do the same. Learn how to articulate and express your family values so that children understand and learn from them.



Information Source:
http://www.rootsofaction.com/empathy-families-children/

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40
Meaningful Ways to Share
Encouraging Words for Kids

When focused in the eight areas of the research-based, positive youth development model, *The Compass Advantage*, encouraging words help children understand themselves and how each ability drives their success.



1. Thank you for your kindness.
2. What you did was very generous.
3. I appreciate how you put yourself in someone else's shoes.
4. Your thoughtfulness is one of your greatest strengths.
5. I'm so proud of how you honor and accept other kids' differences.

6. I like how you pursue new ideas!
7. Your open-mindedness is such an asset.
8. I love your sense of skepticism!
9. You just showed what it means to be a critical thinker!
10. Your desire to learn helped you grow from this setback.





11. Thank you for cooperating; it's such an important skill.
12. I appreciate what a good listener you are.
13. I like how you use words to describe your feelings.
14. You've been a good friend to ____ because...
15. Thank you for respecting my thinking.

16. You showed enormous strength in handling this challenge.
17. Your determination helped you overcome this obstacle.
18. Thank you for persevering to solve this problem.
19. It's a joy to see your self-confidence shine through!
20. Your flexibility and grit helped you grow from this adversity.





21. I appreciate how self-reflective you are.
22. I admire your vulnerability.
23. Your optimism is contagious.
24. It's great to see that you believe in yourself.
25. I trust you will find your own meaning from this experience.

26. It takes courage to stand up for what you believe in.
27. I appreciate your respect of others.
28. Your honesty serves as a role model to me.
29. I admire your values, like...
30. None of us is perfect; learning integrity takes practice.





31. I'm so glad you asked for your teacher's help.
32. It's nice to see you focus on the process, not just the result.
33. You analyzed the problem, then devised a great solution!.
34. You achieved your goal with a lot of hard work..
35. I'm proud of you for being a collaborator.

36. I love your sense of humor!
37. Your imagination is awesome!
38. Thank you for reminding me how fun it is to be playful.
39. Your ideas are wonderfully creative.
40. Your connection to nature brings me joy.



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Information Source:
https://www.rootsofaction.com/encouraging-words-for-kids/

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