

REBEL WITH A CAUSE:

Creative Disobedience Makes Kids their Best Selves

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Domination systems socialize children to obey:

- Adults decide what's right and wrong
- Children are taught to act due to extrinsic motivation (fear of punishment, seeking reward)

Domination systems maintain the power structure through:

- **Moralistic judgments** - (right/wrong, good/bad)
- **Self-judgment** (shame, guilt)
- **Forced apologies** (Say sorry)
- **Denial of responsibility** (You make me angry)
- **Denial of choice** (should, have to)
- **Asking for permission** (Can I?)
- **Deserve thinking** (If you do X you will get Y)

Silly Sundays



Silly Sundays



Early Draft:

SONIA: (exhales loudly) I was helping! It was being cheeky and rude!

GRANNY: You know, if we touch somebody when they don't want us to then we're being rude too, aren't we?

Sonia grimaces. She knows Granny's right.

Silly Sundays: "Crab's New Home"



NVC Note:

- Modeling shame & guilt
- Referring to kids as 'we'
- Instead, empathize with the needs behind Sonia's judgement and model a shift without shame

Early Draft:

GRANNY: And what do we say about touching when someone doesn't want us to...?

HUGO: We don't do it.

SONIA: (slightly after) Don't do it.

GRANNY: That's right. So if someone says no, we...?

HUGO:... just let it go!

Silly Sundays: "Crab's New Home"



NVC Note:

- Teaching obedience/should
- Referring to kids as 'we'
- Instead, connect with the needs behind asking for consent. Example:

Granny: Would you like to be asked before I give you a kiss on your cheek ?

Sonia and Hugo : YES !!!

Granny: I would definitely ask you. And if you say 'no' I would respect your choice.



Early Draft:

Sonia scoots over, inviting Hugo to sit beside her. He does and they exchange a smile.

HUGO: I'm sorry Sonia - I really wanted to help.

SONIA: I know. I'm sorry, too.

Silly Sundays: "Broken Ducky"



NVC Note:

- 'Sorry' (apologizing) connotes wrongness, teaches self-judgment, and limits our understanding of how we impact others
- Instead, Hugo can acknowledge and mourn without shame and guilt. For example: "I am sad that I colored your Ducky without asking, Sonia - it didn't help"



Early Draft:

LU: Declan, Barnaby says he's going to just let you be grumpy, until you cheer up on your own. (a bit unsure) Maybe I'll do that too.

DECLAN: Okay.

Lu and the Bally Bunch: "Down in the Grumps"



NVC Note:

- Although Barnaby is supposed to model to Lu how to be accepting, there is still an expectation to cheer up
- Try instead: "Barnaby says he's ok for you to be grumpy, because this is how you feel"

Early Draft:

LU: Declan, how about Barnaby and I play Radish race right here, next to you?

DECLAN: (slightly suspicious)
I'm still grumpy.

LU: Uh-huh. I know. I'd still like to play near you though.

BARNABY: Me too!

DECLAN: Okay.

LU: Really?! Yay!

DECLAN: I think that maybe I'm actually only feeling mostly grumpy now.

LU: You can be happy or grumpy or mostly grumpy - whatever you want to feel.

Lu and the Bally Bunch: "Down in the Grumps"



NVC Note:

- Let him stay as grumpy as before
- 'whatever you want to feel' implies that he chooses to feel grumpy. Instead try : 'whatever you feel'



Early Story Idea:

Dad tells Lu she **should** put on her rain boots - it's wet out there.

Lu and the Bally Bunch: "Goodbye Rain Boots"



NVC Note:

- "Should" denies choice and contributes to disempowerment

Early Draft:

(Lu runs through a puddle)

Dad notices that Lu isn't looking pleased.

He checks in with Lu: "Lu? Everything alright? Oh dear, is that a hole in your boot? I think it really is time for new ones, Lu."

Lu and the Bally Bunch: "Goodbye Rain Boots"



NVC Note:

- This is likely to be heard as a demand (and create resistance) because Dad is the adult.
- Instead, have Dad connect empathically with Lu's experience.
- Example: I'm guessing it feels wet and cold for your foot right now...?

