

Foundation Activity #8: Tools 5-12

Garbage Can Tool

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PHOTOCOPY MASTERS
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Web Portal Support Materials:

- Garbage Can Practice Student Journal: Lined/Unlined pages
- Home Connection Letters: Garbage Can Tool (English & Español)
- Home Connection Activities: Garbage Can Tool (English & Español)

~ Garbage Can Practice ~

I let the little things go.

Tools for the Journey
~ Practices of a Peaceful Warrior ~

~ Garbage Can Practice ~

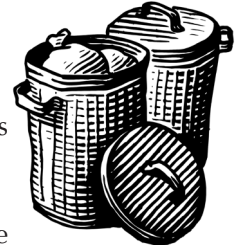
I let the little things go.

Tools for the Journey
~ Practices of a Peaceful Warrior ~



Garbage Can Tool

I let the little things go.



Dear Parents,

How many times have you told your child to “Just ignore him!” when someone is getting on his nerves? Easier said than done, don’t you agree?

It is difficult for children (and many of us) not to take things personally. The Garbage Can Tool teaches this skill. We teach them to think of mean stuff as “garbage” that can be placed in the Garbage Can where they can, hopefully, let it go.

With TOOLBOX, we teach children to imagine having an invisible Garbage Can to throw mean words into. We visualize our Garbage Can being as big as needed (once a student came into the classroom and reported he needed a dumpster the previous night when his older brother said some mean things to him!). This Tool gives children an immediate way to handle difficult interactions. Since some feedback we hear is important to listen to, we also talk about when it is appropriate to “walk on by,” and when it is important to face a problem and to work on solving or resolving it.

Here are some suggestions for using the Garbage Can Tool at home:

- Ask your child/children to show the family how to use their personal Garbage Cans, as well as the Garbage Can hand gesture.
- Remind family members to use their Garbage Cans when conflicts arise.
- Help your children figure out if an event is important enough to deal with or something they can “just toss in and walk on by.”

You are your child’s most important teacher. Please help him/her complete the TOOLBOX Home Connection Activity. By practicing the TOOLBOX Tools at home, you help your child become strong and competent and you help us create a happier, healthier school community together. Thank you!

With appreciation and gratitude,

A handwritten signature in black ink that reads "Mark".

Mark A. Collin, MA, MFT
Founder/Author
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HOME CONNECTION ACTIVITY



Garbage Can Tool

Name: _____ Date: _____

Do a survey of the people who live in your house. Ask them to name some things that are annoying but are “small stuff” (that can go in the “Garbage Can”) and some things that are bigger problems that must be resolved. Make a list of all the ideas people in your house come up with and write them in the chart below.

Small stuff (can be thrown in the Garbage Can)	What should I do?	Big stuff	What should I do?
EXAMPLE: Sister gets to sit in the front seat of the car while you have to sit in the back.	Let it go. You'll ask for a turn up front next time.	Sister scratches you with her fingernails and makes you bleed.	Tell her how her actions made you feel. If she doesn't respond positively, ask a parent for help.