The Art of Common Sense and Critical Thinking

TRAINING GUIDE
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INSTRUCTIONS

Knowing time is scarce and attention spans are short, we have designed innovative and transformational training solutions in increments of 5 thru 8 minutes in length. Our films contain a variety of techniques to create an emotional response and intellectual connection to a given theme. Depending on the training criteria of the company, these projects may easily stand on their own with or without questionnaires, or may be incorporated into a more elaborate, customized training program.

We want a captive viewer with a problem to know they are not alone and can change. We want a captive viewer without a problem to become aware and compassionate for the viewer with the problem. By using this method, everyone benefits and ascends to a higher level of learning, thus open to ideas and change.

Please select a plan that is appropriate to your needs:

PLAN #1:
- Present project to a single student, employee or gathered group.
- Implement your specific training program.

PLAN #2:
- Ask student/employee to view the project one part at a time.
- Ask student/employer to ponder Review materials upon completion of each part.
- Ask student/employee to complete brief quiz after the end of each part.
- One week later, gather all students or employees to jointly view the project.
- Ask students/employees to share what they have learned about the topic.

An instructor will find a much healthier and robust discussion when the student or employee has had ample opportunity to consider the facts as well as the questions. It is recommended The Art of Common Sense and Critical Thinking (through the lens of common courtesy) first be shown to an individual employee or student. It is important for the individual to view, experience, and ponder without the influence of differing reactions and opinions.
INTRODUCTION

Critical Thinking
The ability to think and behave in a reasonable way and to make good decisions. Disciplined thinking that is clear, rational, open-minded, and informed by evidence. The questions are intended to develop your critical thinking.

Common Sense
The ability to think and behave in a reasonable way and to make good decisions. Sound practical judgment that is independent of specialized knowledge, training, or the like.

Common Courtesy: Etiquette and Manners
The rules indicating the proper and polite way to behave. The prevailing customs, ways of living, and habits of people.

They may seem unrelated but together impact the quality of your life and the lives around you.

Let’s start with the basics.

90% of the information we absorb is from our eye sight; though we don’t really see with our eyes, we see with our brains.

The brain operates mostly in our limbic system, what Freud called the id, which is part of our subconscious mind. Much of our irrationality comes from the instincts of our limbic minds.

Seldom, when we face a situation, do we examine and evaluate the information or even research important statistics. Instead, we make decisions based on a list of mental shortcuts that skip the math and take the least effort.

Your opinions and desires are generally influenced by the questions you are asked; and since our attention span maxes out around ten minutes, we put great limits on engaging thoughtful thinking.

For those intimidated that an IQ score means a person is intelligent should know an IQ test measures analytical intelligence, not creative or practical intelligence.
INTRODUCTION

So you’re probably much smarter than you think - but don’t regularly exercise your brain.

Which brings us to this course.

Here we will examine how critical thinking, common sense and common courtesy
▪ affected your development as a child
▪ how it shapes your views on tolerance, diversity, and stereotypes
▪ how it affects your relationships, daily travels, and your workplace
▪ how it impacts your physical and mental health

Most important, the course is interactive and requires your brain to absorb a wealth of information that may well elevate the quality of your life and the lives around you.

Welcome to The Art of Common Sense and Critical Thinking (Through the Lens of Common Decency).
Welcome to Part 1
Common Sense

- We will learn if common sense can be learned.
- We will learn the steps to making good decisions.
- We will learn the benefits of common sense.
“It has been my observation that most people get ahead during the time that others waste.”
- Henry Ford

Common sense is the ability to think and behave in a reasonable way ... to make a decision based on a simple perception of the situation or the facts.

Though common sense is a natural instinct, it is not genetic but can be learned through self-awareness and logical thinking.

As children, we’re encouraged to use our common sense; our sense of sight, sound, taste, smell, and feeling.

As we grow, with curiosity and an open mind, our common sense can be learned and expanded through formal education or in the school of hard knocks.

8 out of 10 Americans claim that sharing common sense information with others makes them smarter ... and 68% believe it even makes them more successful. 40% of them say common sense cannot be learned.

The key to learning what is true is to verify all information received. Beliefs you hold deeply should always be questioned and challenged.

Three things can be said about common sense:
- Common sense can be learned.
- Common sense has a lot to do with our success and well-being.
- Common sense is like deodorant. Those that need it most, don’t use it.

When NASA started sending astronauts into space, they realized ballpoint pens would not work in zero gravity. To remedy the problem, NASA scientists spent a decade and 12 billion dollars to create a pen that writes not only in zero gravity, but upside down, underwater, on almost every surface, and at temperatures from below freezing to 300 degrees. The Russians used a pencil.
Part 1
Common Sense

PRESENTATION

Admit it. Isn’t it fun to learn? With a curious and open mind, you can easily learn common sense facts, such as:

1. The cotton candy machine was invented by a dentist.
2. Your favorite song is usually associated with an emotional event.
3. Wearing headphones for 1 hour increases bacteria in your ear by 700 times.
4. We judge ourselves by our intentions and others by their behavior.
5. A 20 second hug releases chemicals in the body that help you trust the one you’re hugging.
6. Losing something makes you twice as miserable as gaining the same thing makes you happy.

Here are ways to develop and improve common sense:

1. Assess your personality, biases, and problem-solving skills.
2. Avoid making hasty, impulsive decisions.
3. Think before you speak.
4. Commit to reading and researching facts from a variety of sources.
5. Commit to being more aware of yourself, others, and the environment.
6. Commit to verifying information that is written and spoken.
7. Emulate the behavior of a role model.

Considering that making good decisions is a skill and that the decisions you make steer much of your direction in life, here are ways to make good decisions:

1. Identify clearly what you want to decide.
2. Determine the outcome you want to receive.
3. Gather all of the facts and data promptly.
4. Explore your options and feelings using logic and common sense.
5. Seek opinions from a wise counsel.
6. Make the decision.
7. Monitor the results.

_Ever notice that everything seems obvious once you know the answer?_
Part 1
Common Sense

REVIEW

Ponder and Discuss #1
Common sense is the ability to think and behave in a reasonable way.

Ponder and Discuss #2
Common sense can be learned two ways: through self-awareness and thinking logically.

Ponder and Discuss #3
The key to learning what is true is to verify all information received.

Ponder and Discuss #4
Beliefs you hold deeply should always be questioned and challenged.

Ponder and Discuss #5
It is important to take time to think and be informed.

Ponder and Discuss #6
There are simple, effective ways to make informed decisions.

Ponder and Discuss #7
The cotton candy machine was invented by a dentist.

Ponder and Discuss #8
Learning facts can be fun and interesting.
Common Sense Humor

Why do psychics have to ask you for your name?

If winning isn’t everything, why do they keep score?

If you keep your feet firmly on the ground, you’ll have trouble putting on your pants.

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
This test does not require a pen, paper, or calculator. All you need is common sense and logic. With each question, look for clues and keywords to best analyze what is being asked. The answers to the following four riddles are obvious, once you find the key.

Riddle #1:
A rooster lays an egg on the south side of the barn roof with southwesterly winds. Which way did it roll?

*Roosters can’t lay eggs.*

Riddle #2:
If a plane crashes on the border of the United States and Mexico, where would the survivors be buried?

*Nowhere. You don’t bury survivors.*

Riddle #3:
A monkey, a squirrel, and a bird are racing to the top of a coconut tree. Who will get the banana first - the monkey, the squirrel, or the bird?

*None of them. You can’t get a banana from a coconut tree.*

Riddle #4:
If you throw a red stone into a blue sea, what will it become?

*Wet.*

Riddle #5:
If you only had one match and entered a dark room containing an oil lamp, some newspaper, and some kindling wood, which would you light first?

*The match.*
Quotes are a wonderful way to inspire thinking.

Time given to thought is the greatest time saver of all.
Norman Cousins

Common sense is seeing things as they are; and doing things as they ought to be done.
Harriet Beecher Stowe

Seek advice but use your own common sense.
Yiddish Proverb

Believe nothing, no matter where you read it, or who said it, no matter if I had said it, unless it agrees with your own reason and your own common sense.
Buddha

The truth, in the long run, is only common sense clarified.
Thomas H. Huxley

The most confused you will ever get is when you try to convince your heart and spirit of something your mind knows is a lie.
Shannon L. Adler

He who asks a question is a fool for five minutes; he who does not ask a question remains a fool forever.
Chinese Proverb

Too often we enjoy the comfort of opinion without the discomfort of thought.
John F. Kennedy
Part 1
Common Sense

FACT OR FICTION

1. Today’s humans have larger brains than Neanderthals.
   *The brains of Neanderthals were probably slightly larger than ours.*

2. The world is a dangerous place and children need protection 24/7.
   *As a parent, being over-protective could do more harm than good. Since tragedies are rare and often preventable, it is best to teach children how to be aware and take care of themselves.*

3. In a relationship, love is enough.
   *While love is essential, it is only a component. Every long-term, successful relationship benefits from open and effective communication as well as skillful conflict resolution.*

4. If we’re upset about something, we should quickly put it out of our minds.
   *Thought suppression often increases the chance of its reoccurrence.*

5. One human year equals seven dog years.
   *It depends on the size and breed of the dog.*

6. Fortune cookies are a Chinese tradition.
   *They were invented in the United States by Japanese-Americans.*

7. The capital of Australia is Sydney.
   *The capital of Australia is Canberra.*

8. White people are a race.
   *There are no races or breeds. The only race is the species Homo sapiens.*

9. Some people are just born with confidence.
   *No one is born confident. A person acquires confidence by putting themselves in challenging situations, pushing their boundaries, and achieving things through persistence.*

10. You have to be successful to be confident.
    *Actually, it’s the other way around. You have to be confident before you reach success.*
Part 1
Common Sense

COMMON SENSE TRIVIA

Trivia Fact #1 -
The cotton candy machine was invented by a dentist.

Trivia Fact #2 -
Your favorite song is usually associated with an emotional event.

Trivia Fact #3 -
Music impacts your perspective, so listen to positive music for happiness.

Trivia Fact #4 -
Wearing headphones for just an hour will increase bacteria in your ear by 700 times.

Trivia Fact #5 -
We judge ourselves by our intentions and others by their behavior.

Trivia Fact #6 -
A 20 second hug releases chemicals in the body that help you trust the one hugging.

Trivia Fact #7 -
In the English language, there are more than 400 words assigned to emotions and sentiments.

Trivia Fact #8 -
Roughly speaking, losing something makes you twice as miserable as gaining the same thing makes you happy.
Part 1
Common Sense

SPECIAL ANNOUNCEMENT

Here’s a special reminder. Take a look.

In every waking moment, you choose to be aware, unaware, or don’t care.

Choose wisely - and your life will be more enjoyable, satisfying, and fulfilling.

Note: It is suggested you allow time to digest, reflect, and process the information in Part 1 before proceeding to Part 2. It may be useful to write down your thoughts. If seen by a group, perhaps a healthy discussion should follow.
Part 1
Common Sense

BRIEF QUIZ

The quiz consists of 5 assorted multiple choice / true or false questions or statements. You have 5 minutes to complete the quiz. Best of luck.

#1
Common sense is genetic.
□ True
□ False

#2
What can be said about common sense?
□ Common sense can be learned.
□ Common sense has a lot to do with our success and well-being.
□ Common sense is like deodorant. Those that need it most, don’t use it.
□ All of the above.

#3
Components of common sense include sense of sight, sound, taste, smell, and feeling.
□ True
□ False

#4
As we grow, with curiosity and an open mind, our common sense can be learned and expanded through formal education or in the school of hard knocks.
□ True
□ False

#5
The key to learning what is true is to verify all information received. Beliefs you hold deeply should always be questioned and challenged.
□ True
□ False
Welcome to Part 2: Child Development

- We will explore what children need to learn before becoming adults.

- We will learn the importance of having manners.

- We will observe techniques to resolve conflicts.
Chapter One

1: LOVE AND GUIDANCE

Children are people. Not things. They need love, roots and wings. They should be taught how to think, not what to think.

Yes, part of their growth includes annoying behavior, but these are wonderful human beings in need of love and guidance. They want to hear the words “I love you.” They want to know you are listening and will teach them right from wrong. They yearn for your pride and forgiveness. These newest of beings are ready to explore the human experience.

Since parents were once children, it makes you wonder if they’ve taken time to gain knowledge of what they didn’t learn as a child:

- Parents that give in to whining behavior when their child is misbehaving. *Common sense says you’re only encouraging the poor behavior.*
- Parents that use fear, threats, or physical abuse as discipline tools. *Common sense makes you curious what goes on behind closed doors.*
- Parents that let their children run loose with no regard for safety or respect. *Common sense says they must be taught the difference between a store and a playground.*
- Parents that don’t use safety belts for their children while in a car. *Common sense says you don’t care about the safety of others.*
- Parents that use profanity or hate-driven language in front of their children. *Common sense says the child may grow up emulating the disrespectful behavior.*

Becoming a parent is a choice. Becoming knowledgeable about raising children can be learned.
Part 2
Child Development

PRESENTATION

2: BEHAVIOR AND MANNERS
Emily Post said “Manners are a sensitive awareness of the feeling of others. If you have that awareness, you have good manners, no matter what fork you use.”

Ideally, good manners should be taught and modeled in the home. Behaving politely is a way of life and meets a social expectation.

At eighteen months old, a child should know how their behavior affects others. They must let good manners become a habit.

3: FRIENDSHIP
Friendship is a precious part of childhood and something a child gets to choose. To ensure a healthy friendship, common sense rules apply:

1. Practice key social skills.
   Demonstrate taking turns, sharing, starting games or polite conversations.

2. Practice social self-control skills.
   Guide children to control their impulses of hitting or verbal attacks, and replace with sitting still, listening, following directions, and cooperating.

3. Practice acceptance of cultural diversity.
   Reinforce that kindness, helpfulness, sympathy, empathy, and respect is valued everywhere.

4. Practice being an emotional coach.
   Talk to children about their negative emotions and selfish feelings in a way that problem solves instead of judging. It should be noted that children punished harshly tend to display more hostility and aggression.

4: TRAUMA AND STRESS
The brain is influenced by the environment in which a child is raised. Childhood stress can have a lingering effect on their mental health. Children exposed to serious trauma are at risk of suffering depression, anger, hostility, drug abuse, psychosis, or even contemplate suicide.
A child’s environment also includes reality TV shows that depict domestic and social interactions such as narcissism, selfishness, and disrespect. Authority often ridicules others or speaks without facts. In essence, they have to deal with the bully.

There always seem to be children that thrive on name-calling and belittling others. This type of emotional abuse can harm the essence of the one attacked. Let’s take a look from two points-of-view: The parents of the bully and the child being bullied.

If your child is a bully, ask yourself:

1. Do you have mostly negative interactions with your child?
   Common sense asks what type of example do you want to set for your child.

2. Do you frequently hit or yell at your child?
   Common sense encourages you to say “I’m angry” instead of yelling or hitting.

3. Do you monitor their exposure to violent TV shows or video games?
   Common sense says you should distinguish behavior between entertainment and real life; and that words and actions have consequences.

4. Do you discuss positive behavior?
   a. Help your child improve social skills and appropriate behavior.
   b. Discuss how mind games, threats, insults, and violence reflect poorly on the bully and harms the one being bullied. Reinforce good behaviors.
   c. Discuss who your child is playing with and what they do.
   d. Ask teachers if the child has a pattern of harming others. If so, consider counseling.
   e. Discover and handle the reason for the behavior.
   f. Punish only by taking away a privilege or assigning extra chores. Children punished harshly tend to show more hostility and aggression. Children learn from the natural consequences of their actions.
5: CONFLICT RESOLUTION

Children can learn tools to resolve most situations. Let’s start with bullying.

Step 1: Calm yourself in a way that works for you when feeling stressed.
Step 2: Be unemotional to show the bully they have no power over you.
Step 3: Maintain eye contact and put on your confident face.
Step 4: Use the bully’s name when speaking to him in a calm, even voice.
Step 5: Respond assertively (not aggressively) with honesty and kindness:
   - Please stop bothering me.
   - Please leave me alone.
   - I’m not going to play with you if you’re mean.
   - How would you feel if someone was doing this to you?
   - Friends don’t do that to friends.
   - I heard you and I don’t care.
   - I can take a joke but that wasn’t funny.
   - I don’t let someone like you get to me.
   - Thanks for sharing with me.
   - Not cool.
Step 6: Walk away at a moderate pace (no grunts, disdain, or expressions).
Step 7: Gain confidence as you resolved a situation peacefully.

However, if the bullying persists, it is imperative you report it to your parents and teachers; doing so, is not tattling - rather, it is protecting yourself and possibly others from a problem that can escalate. Lack of action only empowers the bully - and everyone has the right to be safe.

We hope every child is taught we are all cut from the same cloth. It is our colors, our markings, our contributions that create a tapestry, beautiful and bright.

*Bullying is about fear, is immature, and gets in the way of fun for everyone.*
Chapter 2

6: SAFETY AND REST

Many rules, policies, and regulations are in place to protect children from harm. Children also have a responsibility to exercise good judgment and be aware of their environment.

1. Use the buddy system when walking about.
2. Look both ways before crossing a street.
3. Don’t open doors to strangers.
4. Don’t share private information or passwords.
5. Trust your feelings (but always verify information).

To keep a clear mind, it is imperative you get plenty of sleep. Sleep deprivation has a negative effect on your body’s production of cytokines which are proteins that help keep illness at bay. To ensure plenty of rest, the following is recommended:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hours Each Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns:</td>
<td>14 to 17 hours each day</td>
</tr>
<tr>
<td>Infants:</td>
<td>12 to 15 hours each day</td>
</tr>
<tr>
<td>Toddlers:</td>
<td>11 to 14 hours each day</td>
</tr>
<tr>
<td>Children:</td>
<td>10 to 13 hours each day</td>
</tr>
<tr>
<td>Children:</td>
<td>09 to 11 hours each day</td>
</tr>
<tr>
<td>Teens:</td>
<td>08 to 10 hours each day</td>
</tr>
</tbody>
</table>

Be mindful that hidden caffeine in food and drinks, heavy course load, too many extra-curricular activities, and unmanaged stress could interfere with sleep.

7: LEAVING THE NEST

Here’s what every child should know before leaving the nest.
Domestic Skills
- How to communicate politely and effectively.
- How to tie a shoelace.
- How to wake yourself up on time.
- How to make your bed.
- How to have good table etiquette.
- How to have good manners.
- How to dress for an occasion.
- How to give a firm handshake.
- How to clean and tidy the house.
- How to organize and prioritize your schedule.
- How to handle an emergency and put out a fire.
- How to read and develop good study habits.
- How to use a dictionary.
- How to write and proofread.
- How to pack your own lunch or baggage.
- How to run a load of laundry.
- How to iron clothes.
- How to cook basic dishes.
- How to sew and mend.
- How to wrap a present.
- How to use a hammer and nails.
- How to mow the lawn.
- How to plant a vegetable garden.
- How to maintain the basics of a vehicle.
- How to read a user manual.
- How to make appointments or resolve issues by phone.
- How to know the difference between want and need.
- How to be independent but also ask for help.
- How to read before going to bed.
Health Skills

■ How to eat healthy foods.
■ How to exercise and relax.
■ How to use basic first aid.
■ How to shower daily and use deodorant.
■ How to brush your teeth twice a day.
■ How to swim.
■ How to perform CPR.
■ How to donate blood.
■ How to keep yourself and others safe.

Behavioral and Emotional Skills

■ How to be honest and keep your word.
■ How to be a person with good ethics.
■ How to deal with disappointment, frustration, and tragedy.
■ How to think for yourself.
■ How to be present in the moment.
■ How to develop your talents and gifts.
■ How to be motivated and passionate.
■ How to develop social skills.
■ How to not take things personally.
■ How to talk politely to strangers but avoid ones with peculiar intent.
■ How to be a good judge of character.
■ How to appreciate diversity.
■ How to ask for what you want, negotiate what you get, and respect “no.”
■ How to firmly but politely say No.
■ How to develop healthy relationships.
■ How to be a good listener.
■ How to respect yourself and others.
■ How to comfort yourself and others.
■ How to take responsibility for your words and actions.
■ How to avoid name calling.
■ How to find something good in someone you don’t like.
■ How to admit fault and begin anew.
■ How to resolve a conflict without using violence.
■ How to problem-solve.
■ How to forgive and move on.
Part 2
Child Development

PRESENTATION

- How to discern between love and infatuation.
- How to express gratitude daily.
- How to look on the bright side.
- How to improve your life skills.

External Skills
- How to drive safely.
- How to pump gas.
- How to jump start a car.
- How to change a tire.
- How to read a map.
- How to report an auto accident.
- How to take public transportation.
- How to plan an outing.
- How to grocery shop.
- How to order at restaurants and tip appropriately.
- How to care for the environment.

Financial Skills
- How to add, subtract, multiply and divide.
- How to write a check.
- How to balance a checkbook.
- How to budget and spend money wisely.
- How to use a credit or ATM card.
- How to know your credit score.
- How to save money and invest.
- How to give or become involved with charity.

Work Skills
- How to interview.
- How to converse and negotiate respectfully.
- How to develop good work skills.
- How to send a professional email.
- How to honor commitments.
- How to honor a contract.
Ponder and Discuss #1
Children need love and guidance.

Ponder and Discuss #2
Children need to learn good behavior and manners.

Ponder and Discuss #3
Children need to learn how to be a good friend.

Ponder and Discuss #4
Children need to distinguish pretend from what is real.

Ponder and Discuss #5
Children need to learn how to peacefully resolve conflicts - especially if bullied.

Ponder and Discuss #6
Children need to learn how to keep safe and get plenty of rest.

Ponder and Discuss #7
Children need to learn many things before leaving the nest.

Ponder and Discuss #8
Learning facts can be fun and interesting.
COMMON SENSE HUMOR

Six out of the seven dwarfs are not Happy.

Always remember you’re unique, just like everyone else.

Politicians and diapers both need to be changed, and for the same reason.

Why do we press harder on a remote control when we know the batteries are getting weak?
This test does not require a pen, paper, or calculator. All you need is common sense and logic. With each question, look for clues and keywords to best analyze what is being asked. The answers to the following four riddles are obvious, once you find the key.

**Riddle #1:**
Which is heavier – 100 pounds of rocks or 100 pounds of feathers?
*They both weigh the same (100 pounds).*

**Riddle #2:**
What looks like half an apple?
*The other half of the apple.*

**Riddle #3:**
Bob’s father has four children. Momo, Meme, and Mumu are three of them. Who’s the fourth?
*Bob.*

**Riddle #4:**
What gets wetter and wetter the more it dries?
*A towel.*

**Riddle #5:**
Why is it against the law for a man living in North Carolina to be buried in South Carolina?
*Because he is still alive.*
Quotes are a wonderful way to inspire thinking.

A handful of common sense is worth a bushel of learning.
*Proverb*

Stupid is forever. Ignorance can be fixed.
*Don Wood*

Do not indoctrinate your children. Teach them how to think for themselves, how to evaluate evidence, and how to disagree with you.
*Richard Dawkins*

Everybody gets so much information all day long that they lose their common sense.
*Gertrude Stein*

Too often we give children the answers to remember rather than problems to solve.
*Roger Lewin, Ph.D.*

Success is more a function of consistent common sense than it is of genius.
*An Wan*

It is today we must create the world of the future.
*Eleanor Roosevelt*

Education is what remains after one has forgotten everything one learned in school.
*Albert Einstein*
Part 2
Child Development

FACT OR FICTION

1. New born babies are virtually blind and deaf.
   *Actually new born babies can both see and hear a lot of things.*

2. Bats are blind.
   *Though bats have tiny eyes, none of the 1,100 bat species are blind.*

3. You can spoil your baby if you pick them up every time they cry.
   *You cannot spoil a new born baby. After six months, you can hold back a little.*

4. A mother will reject its baby bird once a human touches it.
   *A mother wouldn’t notice since most birds have a poor sense of smell.*

5. If you play classical music to babies it will make them smarter.
   *No - but having a child learn to play a musical instrument will increase their IQ around three points.*

6. Overweight children are carrying baby fat that will go away as they get older.
   *Obesity in children is often a condition that will last for years.*

7. Abusive parents do not love their children.
   *Most parents love their children and often feel guilty about their abusive behavior; they just don’t know how to treat their children in a non-abusive manner.*

8. Children are generally sexually abused by strangers.
   *Most children that are sexually abused know the abuser.*

9. Living in a home where people speak more than one language often confuses children.
   *Just days after birth, infants can distinguish the difference between many languages.*

10. A child should wait one hour after eating before going swimming.
    *A child might experience discomfort after a big meal, but it won’t do any harm if they go right into a pool.*
Trivia Fact #1 -
A baby is able to make all of the sounds of every known language.

Trivia Fact #2 -
Happiness, anger, sadness, fear, disgust, and surprise are six universal emotions.

Trivia Fact #3 -
When people are watched, they behave better.

Trivia Fact #4 -
The ability to delay gratification or not starts young.

Trivia Fact #5 -
People with low self-esteem that “try” and humiliate others - are often bullies.

Trivia Fact #6 -
People with high levels of testosterone get pleasure from the anger of others.

Trivia Fact #7 -
Sleeping less than 7 hours a night lowers your life expectancy.

Trivia Fact #8 -
The longest record time anyone has ever gone without sleep is 11 days.
Here’s a special reminder. Take a look.

In every waking moment, you choose to be aware, unaware, or don’t care.

Choose wisely - and your life will be more enjoyable, satisfying, and fulfilling

Note: It is suggested you allow time to digest, reflect, and process the information in Part 2 before proceeding to Part 3. It may be useful to write down your thoughts. If seen by a group, perhaps a healthy discussion should follow.
BRIEF QUIZ

The quiz consists of 5 assorted multiple choice / true or false questions or statements. You have 5 minutes to complete the quiz. Best of luck.

#1
What techniques can children use to resolve most situations with a bully?
- Calm yourself in a way that works for you when feeling stressed.
- Be unemotional to show the bully they have no power over you.
- Maintain eye contact and put on your confident face.
- All of the above.

#2
To ensure a healthy friendship, what common sense rules apply?
- Practice key social skills.
- Practice social self-control skills.
- Practice acceptance of cultural diversity.
- All of the above.

#3
Becoming a parent is a choice. Becoming knowledgeable about raising children can be learned.
- True
- False

#4
Ideally, good manners should be taught and modeled in the home. Behaving politely is a way of life and meets a social expectation.
- True
- False

#5
Sleep deprivation has a negative effect on your body’s production of cytokines which are proteins that help keep illness at bay.
- True
- False
Welcome to Part 3: Tolerance, Diversity, and Stereotypes

- We will explore the dangers of stereotypes and prejudice.
- We will explore why people hate.
- We will learn the value of diversity.
“Being happy doesn’t mean everything is perfect. It means that you’ve decided to look beyond the imperfections.”

*Gerard Way*

The concept of race is basically a modern development. In ancient times, people were sorted by religion, class, and language. Throughout the ages, some have determined certain races superior by measuring the size of their brain. While humans differ genetically by blood type and skin pigmentation, most anthropologists and biologists say categories of race are not biologically grounded.

The U.S. Census Bureau defines race as a social category, not biologically or genetically.

The Human Genome Project proved that race could not be identified in our genes. We are all Homo sapiens (which is Latin for wise man). Indeed, there is one human race.

History illustrates the importance of this fact. The Nazi state practiced ethnic supremacism. The beliefs of racists have been used to persecute minority groups. And discrimination, in short, has led to genocide.

The problem is that facts, conjecture, and myths are twisted or confused in the mind of a racist.

We explore outer space but seldom explore how to live peacefully here at home.

Take a look.

[International voices speak common phrases]

*The melody of language is beautiful. Our nation is created by immigrants. Each person has a unique voice, therefore the word “all” doesn’t apply.*

A stereotype is a belief or generalization about a person or a group of persons and are often inaccurate leading to prejudice and bigotry that can result in personal and social harm.
Assuming that all people of a group are the same, bigots use slang and dog whistles to denounce and dehumanize. They become so rigid in their short-cut thinking that they allow stereotypes to become their truth and disregard the uniqueness and full humanity of people. In short, we categorize people to make a complex world simpler, but limited, intolerant, inaccurate thinking can develop an US versus THEM mentality. Labels can be harmful and have a lasting impact on those who experience the attack.

Why do people hate? Many children learned to hate from their parents, siblings, relatives, and friends. People hate because tolerance takes effort. It involves thinking, questioning, pondering, research, and verification. And sadly, we often fear what we don’t understand. We minimize our fear by inflicting greater fear on another. And so it goes.

Common sense suggests we are all human and probably harbor misinformation about people. Perhaps we should leave the comfort zone of knee-jerk thinking, become more aware of our thoughts and feelings, then gather and process factual information. By doing so, we will gain opportunities to learn and thrive from our similarities and differences.

Here are ways to stop stereotyping –

1. Acknowledge learned prejudices and biases without assigning blame.
2. List and examine irrational beliefs and prejudices.
3. Cleanse your thinking by replacing lies with truth, that which can be verified.
4. Increase exposure and empathy towards people in groups often stereotyped.
5. Study regularly a group’s history and cultural background.
6. Engage in honest dialogue with others about race.
7. Treat and respect each person as an individual rather than part of a group.
8. Accept the complexities of relationships with greater understanding.
9. Interrupt and process any thoughts that express stereotypes.
10. Feel secure with your own identity and heritage.

Here are two perspectives which will serve you well. First, when you answer a question with ‘I don’t know’ - take the opportunity to find out. Second, once you realize external experiences are there to educate the internal being, you will cherish the value of expanding self-awareness. In essence, you will be in touch with the core of your being; through which you will provide a positive experience in the external that will help others educate their internal being.
Part 3
Tolerance / Diversity / Stereotypes

PRESENTATION

Remember, everyone has trials and tribulations - and lessons to learn. Avoid blaming others for errors you once committed. We are all here to learn, to give, and to share.

*Attend plays, movies, concerts, workshops and seminars that celebrate diversity. Visit your local library, museum, or even take on-line courses or visit ancestry websites.*

*See yourself in others. We have common emotions, desires, and concerns.*

Hate Crime Statistics (Bias Breakdown):
48.5% - Racial
20  - Sexual Orientation
17.4  - Religious
11.1  - Ethnicity
1.4  - Disability
0.5  - Gender Identity
0.3  - Gender
Part 3
Tolerance / Diversity / Stereotypes

REVIEW

Ponder and Discuss #1
There is only one race, the human race.

Ponder and Discuss #2
We often fear that which we don’t understand.

Ponder and Discuss #3
We need to leave the comfort zone of knee-jerk thinking.

Ponder and Discuss #4
Create opportunities to learn and thrive from our similarities and differences.

Ponder and Discuss #5
Treat and respect each person as an individual rather than part of a group.

Ponder and Discuss #6
Interrupt and process any thoughts that express stereotypes.

Ponder and Discuss #7
Feel secure with your own identity and heritage.

Ponder and Discuss #8
Learning facts can be fun and interesting.
Part 3
Tolerance / Diversity / Stereotypes

COMMON SENSE HUMOR

Change is inevitable, except from a vending machine.

Some of us learn from the mistakes of others; the rest of us have to be the others.

Some drink at the fountain of knowledge, others just gargle.

Those are my principles. If you don't like them, I have others.
- Groucho Marx
This test does not require a pen, paper, or calculator. All you need is common sense and logic. With each question, look for clues and keywords to best analyze what is being asked. The answers to the following four riddles are obvious, once you find the key.

**Riddle #1:**
Does England have a fourth of July?
*Every country using a calendar has a fourth of July (not the celebration).*

**Riddle #2:**
Some months have 31 days, how many have 28?
*All of them.*

**Riddle #3:**
What word in the English language is always spelled incorrectly?
*Incorrectly.*

**Riddle #4:**
In British Columbia, you cannot take a picture with a wooden leg. Why not?
*You can’t take a picture using a wooden leg; you need to use a camera.*

**Riddle #5:**
You’re a bus driver. At the first stop 4 people get on. At the second stop 8 people get on. At the third stop, 2 people get off. What color are the bus driver’s eyes?
*The same as yours because you’re the bus driver.*
Quotes are a wonderful way to inspire thinking.

It is the obvious which is so difficult to see most of the time. People say “it’s as plain as the nose on your face.” But how much of the nose on your face can you see, unless someone holds a mirror up to you?

_Isaac Asimov_

Things do not change, we change.

_Henry David Thoreau_

It is a thousand times better to have common sense without education than to have education without common sense.

_Robert Green Ingersoll_

The whole purpose of education is to turn mirrors into windows.

_Sydney J. Harris_

Whenever we hear an opinion and believe it, we make an agreement, and it becomes part of our belief system.

_Miguel Ruiz_

With age comes common sense and wisdom.

_Nas_

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

_Dale Carnegie_

Who are you to judge the life I live? I know I’m not perfect - and I don’t live to be - but before you start pointing fingers … make sure your hands are clean.

_Bob Marley_
Part 3
Tolerance / Diversity / Stereotypes

FACT OR FICTION

1. The first thing we must do to reduce prejudice is to change people’s attitudes. The best way to change prejudiced attitudes is to change people’s behaviors.

2. You can easily put a person in a racial group just by looking at them. One’s appearance is an ineffective way to group people.

3. My forefathers learned English, but not the immigrants today. Half of those older than five, speak their first language as well as English very well.

4. People with a disability only associate with those disabled. As with everyone, relationships are a matter of choice.

5. The historical Buddha was obese. Not true. It is often confused with Budai, the Laughing Buddha who was a 10th century Chinese hero.

6. Familiarity breeds contempt. Research shows we prefer stimuli we’ve seen many times before.

7. It’s always the fault of a teenager if they’re kicked out of their home. Teenagers have been disowned, possibly homeless, for horrendous reasons. One quarter of gay teens will be discarded because of their orientation.

8. All homeless people are mentally ill. 25% of all homeless are severely mentally ill.

9. All homeless people are lazy and don’t want to work. Almost half of all homeless people are unemployed due to injury, illness, disability, or corporate downsizing.

10. Most psychopaths are violent. Most psychopaths are non-violent, rational, and aware their actions are wrong, but just don’t care.
Part 3
Tolerance / Diversity / Stereotypes

COMMON SENSE TRIVIA

Trivia Fact #1 -
Muhammad is the world’s most common first name.

Trivia Fact #2 -
You’re more logical when you think in another language.

Trivia Fact #3 -
Ten percent of the world’s population is illiterate. That’s 700 million people.

Trivia Fact #4 -
Two percent of all people on Earth have red hair.

Trivia Fact #5 -
People with a lack of self-confidence or low self-esteem often humiliate others.

Trivia Fact #6 -
When you sleep you’re basically blind.

Trivia Fact #7 -
We have no sense of smell when we’re sleeping.

Trivia Fact #8 -
The more uncertain you are, the more you dig in and defend your ideas.
SPECIAL ANNOUNCEMENT

Here’s a special reminder. Take a look.

In every waking moment, you choose to be aware, unaware, or don’t care.

Choose wisely - and your life will be more enjoyable, satisfying, and fulfilling.

Note: It is suggested you allow time to digest, reflect, and process the information in Part 3 before proceeding to Part 4. It may be useful to write down your thoughts. If seen by a group, perhaps a healthy discussion should follow.
Part 3
Tolerance / Diversity / Stereotypes

BRIEF QUIZ

The quiz consists of 5 assorted multiple choice / true or false questions or statements. You have 5 minutes to complete the quiz. Best of luck.

#1
A stereotype is a belief or generalization about a person or a group of persons and are often inaccurate leading to prejudice and bigotry that can result in personal and social harm.
□ True
□ False

#2
Which of these are ways to stop stereotyping?
□ Acknowledge and list learned prejudices and biases without assigning blame.
□ Cleanse your thinking by replacing lies with truth, that which can be verified.
□ Increase exposure and empathy towards people in groups often stereotyped.
□ All of the above.

#3
The U.S. Census Bureau defines race as a social category, not biologically or genetically.
□ True
□ False

#4
Whenever you answer a question with ‘I don’t know’ - you should take the opportunity to find out.
□ True
□ False

#5
Everyone has trials and tribulations - and lessons to learn; we should avoid blaming others for errors we once committed.
□ True
□ False
Welcome to Part 4: Common Courtesy, Common Decency

- We will learn the benefits of common courtesy.
- We will learn the benefits of common decency.
- We will learn why manners are important.
“Morals are private. Decency is public.”
- Rita Mae Brown

The root of courtesy is kindness, consideration, and a genuine respect for the human spirit. Treating other people with courtesy and politeness is the definition of good manners; in fact, part of first impressions are whether you are considerate and care about the feelings of others.

Good manners make daily interactions much easier and more pleasant. Let’s take a look:

- Basic Manners:
  - Thank You.
  - No Thank You.
  - Please.
  - Excuse me.
  - Pardon me.
  - Cover your mouth when you cough.
  - Cover your mouth when you yawn.
  - Put your face in your arm when you sneeze.
  - Do not pick nose.
  - Do not stare.
  - Flush the toilet after use.
  - If you use the last roll of toilet paper, replace the roll.
  - Wash your hands after using the restroom.
  - Maintain good posture.
  - Abide by the rules.
  - Do not physically harm another
  - Do not belittle or threatened another.
  - Do not lie, steal, or vandalize.
  - Keep your area clean and tidy.
  - Do not litter.
  - Clean up your own messes.
  - Pick up after your pets.
Part 4
Common Courtesy / Common Decency

PRESENTATION

- Conversation Manners:
  - Use firm handshake looking directly in the eyes.
  - If someone says hello, say hello back.
  - Introduce yourself when you meet someone.
  - Repeat the person’s name correctly when introduced to you.
  - Speak politely and positively without using slang or swearing.
  - Avoid mumbling and overusing the word ‘like’.
  - Keep a safe distance so as not to spray or spit on another person.
  - Give your full attention to the person you are interacting with.
  - Ask insightful questions.
  - Ensure you are not just talking about yourself.
  - Answer questions with positivity.
  - Show happiness for the accomplishments of others.
  - Avoid gossip or slander.
  - Avoid commenting on people’s age or weight.
  - Avoid giving unsolicited advice.
  - If you must interrupt someone, say excuse me.
  - Respect the decisions and opinions of others.

- Social Manners:
  - Be kind and helpful without expecting anything in return.
  - Never assume anything about anyone.
  - Hold the door open for people.
  - Don’t lend a book or item to someone unless they ask for it.
  - Return a borrowed item in a reasonable amount of time.
  - Don’t discuss sensitive issues on social medias.
  - Don’t intentionally embarrass someone.
  - Don’t laugh at someone when other people do.
  - Give praise in public, criticize in private.
  - You’ll make more friends if you’re a good playmate and a good sport.
  - Apologize when you are wrong.
  - Be on time (or call to say ‘hey, I’m running 20 minutes late’).
- If someone sends you an invitation, either confirm or decline.
- Laugh, smile, giggle, and cry without histrionics.
- Write “Thank-You” notes.

- Dining Manners:
  - Keep your elbows off the table.
  - Eat quietly.
  - Keep your mouth closed when chewing.
  - Don’t talk with your mouth full – or belch.
  - Be silent and listen; talk when you really have something to say.
  - Ask someone to pass you a dish or a seasoning.
  - Don’t take the last piece of food without asking.
  - Avoid blowing your nose in front of people when eating.
  - Don’t pick your teeth.
  - Say “excuse me” whenever you need to leave the table.

Learning manners is a lifelong education – and don’t worry, good manners will never go out of style.
Part 4
Common Courtesy / Common Decency

REVIEW

Ponder and Discuss #1
The root of courtesy is kindness, consideration, and a genuine respect for the human spirit.

Ponder and Discuss #2
Treating other people with courtesy and politeness is the definition of good manners.

Ponder and Discuss #3
Part of first impressions are whether you are considerate and care about the feelings of others.

Ponder and Discuss #4
Good manners make daily interactions much easier and more pleasant.

Ponder and Discuss #5
People generally appreciate acknowledgment and concern.

Ponder and Discuss #6
Learning manners is a lifelong education.

Ponder and Discuss #7
Good manners will never go out of style.

Ponder and Discuss #8
Learning facts can be fun and interesting.
Support bacteria, they're the only culture some people have.

A closed door gathers no foot.

I used to be indecisive. Now, I'm not sure.

The probability of someone watching you is proportional to the stupidity of your action.
This test does not require a pen, paper, or calculator. All you need is common sense and logic. With each question, look for clues and keywords to best analyze what is being asked. The answers to the following four riddles are obvious, once you find the key.

**Riddle #1:**
A little girl kicks a soccer ball that goes 10 feet and comes back to her. How is that possible?
*She kicks the ball straight up in the air.*

**Riddle #2:**
Before Mt. Everest was discovered, what was the highest mountain in the world?
*Mt. Everest, it just wasn’t discovered yet.*

**Riddle #3:**
How long did the Thirty Years War last?
*Thirty years (from 1618 to 1648).*

**Riddle #4:**
Who is buried in Grant’s tomb?
*Grant.*

**Riddle #5:**
If it took eight men 10 hours to build a wall, how long would it take four men to build it?
*No time at all because it’s already built.*
Quotes are a wonderful way to inspire thinking.

Men are from Earth, Women are from Earth. Deal with it.
*George Carlin*

Don’t find fault, find a remedy; anybody can complain.
*Henry Ford*

It is the mark of an educated mind to be able to entertain a thought without accepting it.
*Aristotle*

The best test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority.
*Ralph W. Sockman*

The problem with today’s world is that everyone believes they have the right to express their opinion AND have others listen to it.
*Brian Cox*

Isn’t it a pleasure to study and practice what you’ve learned?
*Confucius*

Cutting people out of your life is easy, keeping them in is hard.
*Walter Dean Myers*

Courtesy is a much a mark of a gentleman as courage.
*Theodore Roosevelt*
1. You cannot say you created success if you had help along the way.  
   *We are influenced by everyone and everything. It is your attitude, skill, and perseverance that creates your own success.*

2. There is no gravity in deep space.  
   *Without gravity, the moon would float away from the Earth, and the solar system would drift apart.*

3. Only one of the gas planets in our solar system has rings: Saturn.  
   *Though Saturn’s rings are the most visible, Jupiter, Uranus and Neptune have rings.*

4. The first planet to be discovered using a telescope was Mars in 1825.  
   *It was Uranus in 1781.*

5. Two U.S. states border the Gulf of Mexico.  
   *Actually, it is five states.*

6. Palm trees really are trees.  
   *Palm trees are really grasses - members of the monocots and are not true trees.*

7. Mushrooms are part of the plant kingdom.  
   *Mushrooms are part of the kingdom Fungi.*

8. Many types of cactus grow in the Sahara Desert.  
   *Cacti are native only to North America.*

   *Peanuts grow underground on bushy plants.*

10. The word “maverick” comes from the 1950’s show starring James Garner.  
    *The word “maverick” came into use after Samuel Maverick from Texas refused to brand his cattle. Eventually any unbranded calf became known as a maverick.*
Part 4
Common Courtesy / Common Decency

COMMON SENSE TRIVIA

Trivia Fact #1 -
Over the span of your life, you will produce enough saliva to fill two swimming pools.

Trivia Fact #2 -
The strongest muscle in the human body is the tongue.

Trivia Fact #3 -
Your mind wanders about 30% of the time.

Trivia Fact #4 -
People who volunteer are more satisfied with their lives.

Trivia Fact #5 -
Don’t write or say “I think” or “I believe” - it’s implied anyway, and it sounds like you lack confidence.

Trivia Fact #6 -
It is physically impossible to lick your elbow.

Trivia Fact #7 -
When leaving a cave, bats always turn left.

Trivia Fact #8 -
No word in the English language rhymes with month, orange, silver, and purple.
Here’s a special reminder. Take a look.

In every waking moment, you choose to be aware, unaware, or don’t care.

Choose wisely - and your life will be more enjoyable, satisfying, and fulfilling

Note: It is suggested you allow time to digest, reflect, and process the information in Part 4 before proceeding to Part 5. It may be useful to write down your thoughts. If seen by a group, perhaps a healthy discussion should follow.
BRIEF QUIZ

The quiz consists of 5 assorted multiple choice / true or false questions or statements. You have 5 minutes to complete the quiz. Best of luck.

#1
The root of courtesy is kindness, consideration, and a genuine respect for the human spirit.
□ True
□ False

#2
What is a good example(s) of conversation manners?
□ Speak politely and positively without using slang or swearing.
□ Give your full attention to the person you are interacting with.
□ Ask insightful questions.
□ All of the above.

#3
Treating other people with courtesy and politeness is a definition of good manners; in fact, part of first impressions are whether you are considerate and care about the feelings of others.
□ True
□ False

#4
Learning manners is a lifelong education.
□ True
□ False

#5
Good social manners include apologizing when you are wrong.
□ True
□ False
Welcome to Part 5: Relationships

● We will learn the characteristics of long-lasting relationships.

● We will learn how common courtesy impacts a relationship.

● We will learn how to solve common relationship problems.
“People don’t care how much you know until you show them how much you care.”
- Cavett Robert

Everyone wants to be loved. Of course, it helps if you begin by loving yourself.

In seeking friendships and relationships, it is important to be your genuine self; never comparing who you are to others. Understand who you are and what you want in return. Be sincere and avoid using force or manipulating people’s affections as it rarely works. Your true friends will like you as you are.

Before embarking on this journey, ask if you’re willing to trust and share, listen and be there? Here are common sense tips.

If you want to make new friends:
1. Invest in personal hygiene.
2. Make a conscious effort to smile.
3. Show you are confident and approachable.
4. Make eye contact with someone new.
5. Introduce yourself to someone new.
6. Ask open-ended questions to learn their preferences.
7. Tell the truth and avoid complaining or talking negatively.
8. Laughter is bonding.

Ah, you have found a friend and start seeing more of each other, perhaps even move in. Did I mention getting along takes cooperation and understanding?

Common Pet Peeves:
- Repeatedly hitting the snooze button.
- Not removing hair on the bar of soap.
- Leaving wet towels on the bathroom floor.
- Toilet seat is not ready for landing, droplets on the floor.
- Not flushing the toilet.
- Not washing hands after using the restroom.
- Poor hygiene.
- Biting or clipping nails.
- Forgetting to replace a toilet roll, soap, or shampoo.
Part 5
Relationships

PRESENTATION

- Toothpaste squeezing from the middle of the tube not the end.
- Not putting the cap back on the toothpaste tube after use.
- Leaving the water running while you brush your teeth.
- Brushing teeth before eating.
- Clothing all over the bedroom floor.
- Wearing shirts backwards with the tag showing.
- Eating in bed and leaving the crumbs.
- Putting dishes in the sink without rinsing.
- Drinking directly out of the milk/orange juice container.
- Empty cartons left in the refrigerator.
- Hearing them eat.
- Cracking knuckles.
- Distracted by electronic devices.
- Not sharing or misplacing the remote control.
- Talking loudly on the phone when you’re trying to watch TV.
- Whistling incessantly.
- Revealing plots in movies and books when I haven’t seen or read.
- Always looking for things when they’re so disorganized in the first place.
- Neglecting basic duties they committed to do.
- Chronic lateness.
- Hogging space in a two car garage.
- Refusing to ask questions or use the GPS or map.
- Rely only on feelings instead of facts.
- Hiding sarcasm and disdain through supposed humor.
- Taking it out on others when something goes wrong.
- Being rude to waiters.
- Hypochondriac.

Getting along takes cooperation and understanding.
Part 5
Relationships

PRESENTATION

Common Sense in 11 Steps
How to discuss Relationship Pet Peeves:
1. Select an issue and prioritize the three most highly annoying pet peeves.
2. Frame the issue(s) as something minor but important to you.
3. Discuss only the specific issue(s) and not their personality in a calm voice.
4. Communicate what you want and need. It bothers me when...
5. Use “I” statements to explain why this issue annoys you.
6. Ask if they’re willing to work on the issue (never demand).
7. Listen, take a breath as they’ll either agree, ask questions, or be defensive.
8. Take the high road by steering away from unfairness, judgment, or negativity.
9. Confirm the deal. I’ll do this and you’ll do that.
10. Thank them for listening and for their willingness to make efforts.
11. If and when they improve, thank them and let them know you appreciate it.

Letting someone speak freely is vital. Actively listening without emotion is essential.

Characteristics of Long-Lasting Friendships:

1. THE REAL YOU.
   - Know yourself.
   - Be genuine.
   - Share yourself completely.

2. THE VALUES.
   - Keep your standards and be true to your values.
   - Never change yourself to appease another.
   - Be kind, honest, and dependable.

3. THE COMMUNICATION.
   - Listen to learn. Listen to understand.
   - Listen to show respect and caring for another.
   - Use uplifting language that is succinct, clear and truthful.
Part 5
Relationships

PRESENTATION

4 THE SUPPORT.
- Be there for the ups and downs.
- Be there with your physical or emotional presence.
- Look for the best in each other.

5 THE FUN.
- Find humor in as much as you can.
- Share activities, discoveries, and adventures.
- Celebrate each other's successes.

6 THE BOND.
- Change is the first constant thing in a relationship; be a team.
- Physical distance does not diminish the strength or bond.
- Relationships take effort and do not run on auto-pilot.

7 THE RESOLVE.
- Include conflict as part of healthy intimacy, but don’t argue to argue.
- Ask for what you want, but don’t demand it – and negotiate what you get.
- Be willing to admit wrongdoings and offer apologies.

8 THE GRACE.
- Every relationship needs boundaries to flourish.
- Forgive.
- Let things go and move on.

9 THE LIMIT.
- A healthy relationship should never leave someone feeling unlovable, insecure or worthless.
- Friendships can become stagnant and unhealthy, and even grow apart.
- Know when love is not enough and you have done all you can do.

In closing, if you find people are always pushing your buttons, get rid of the buttons.

Never be a door mat. And if you must let people walk all over you, wear a linoleum shirt.
Part 5
Relationships

REVIEW

**Ponder and Discuss #1**
Everyone wants to be loved. It helps if you begin by loving yourself.

**Ponder and Discuss #2**
In seeking friendships and relationships, it is important to be your genuine self.

**Ponder and Discuss #3**
Understand who you are and what you want in return.

**Ponder and Discuss #4**
Be sincere and avoid using force or manipulating people’s affections as it rarely works.

**Ponder and Discuss #5**
Ask if you’re willing to trust and share, listen and be there?

**Ponder and Discuss #6**
Are you aware of your own habits that could be annoying to others?

**Ponder and Discuss #7**
Use conflict resolution techniques to properly remedy a problem.

**Ponder and Discuss #8**
Learning facts can be fun and interesting.
I'm an anti-social psychic. I can see ahead of time that I won't want to talk to you.

I'm not a Facebook status, you don't have to like me.

Marriage is the chief cause of divorce.
- Groucho Marx

Money will not buy happiness, but it will let you be unhappy in nice places.
- W.C. Fields
COMMON SENSE RIDDLES

This test does not require a pen, paper, or calculator. All you need is common sense and logic. With each question, look for clues and keywords to best analyze what is being asked. The answers to the following four riddles are obvious, once you find the key.

Riddle #1:
How many books can you put in an empty backpack?
One. After that, it’s not empty.

Riddle #2:
A man makes a claim that he can predict the exact score of every football game before it begins. And he’s always right. How is that possible?
He says the score before every football game begins is 0-0.

Riddle #3:
What is Rupert the Bear’s middle name?
The.

Riddle #4:
How do you walk on water?
Freeze it first.

Riddle #5:
Ten copycats were sitting in a boat. One jumped out. How many were left?
None. They were copycats so they jumped out too.
Part 5
Relationships

**QUOTES**

Quotes are a wonderful way to inspire thinking.

Stay away from conflictive, negative people that pull you down, because they contaminate your energy and impede your progress. Search for people who look at the world with optimism - that inspire you, make you happy and provide peace of mind.

*Pablo*

Invest a few minutes in thinking. It will pay good interest.

*Anon*

No person is your friend who demands your silence, or denies you the right to grow.

*Alice Walker*

Just because you’re not sick doesn’t mean you’re healthy.

*Anon*

I read, I study, I examine, I listen, I think, and out of all that I try to form an idea into which I put as much common sense as I can.

*Marquis de Lafayette*

It is not a lack of love, but a lack of friendship that makes unhappy marriages.

*Friedrich Nietzsche*

Don’t cry because it’s over, smile because it happened.

*Dr. Seuss*

A friend is someone who knows you and still loves you.

*Elbert Hubbard*
FACT OR FICTION

1. Attractive people can easily find a relationship.  
   Though one’s appearance can get attention, healthy relationships are based on compatibility, interests, and values.

2. Opposites attract and often have long-lasting relationships.  
   Though you may have different tastes, research shows that similarities and life values keep people in a long term relationship.

3. The right person will satisfy my every need.  
   One person cannot satisfy every need every day. Aside from you being responsible for your own happiness, it is healthy to have differing interests and supportive friends.

4. I can change another person to be more the way I want them to be.  
   Considering everyone has faults, they should only change that which will improve them.

5. Not getting butterfly feelings when I see my partner means I may not love them.  
   Infatuation is often the first step in a relationship but longing is not true love. Components of love include compatibility, honesty, and values.

6. If I have doubts about my relationship, I’m probably with the wrong person.  
   There is no complete certainty about anything. Doubt is inevitable and, in most cases, is healthy. It provides internal thinking and outward communication.

7. Waking a person who is sleep walking may harm them.  
   Waking a sleepwalker will not cause them physical danger but they may be startled or disoriented. Danger could occur if they bump into an object or trip.

8. People cannot lie if they are hypnotized.  
   Studies reveal they can lie when hypnotized.

9. Taking sleeping pills over a long period is a great treatment for insomnia.  
   Taking sleeping pills over a long period may, in fact, cause rebound insomnia.

10. All people with anorexia are female.  
    About 10% of people with anorexia is male.
Trivia Fact #1 -
Relationships are more important for your health than exercise.

Trivia Fact #2 -
The more you spend on others, the happier you are.

Trivia Fact #3 -
Spending money on experience instead of stuff makes you happier.

Trivia Fact #4 -
Seeing others positively reveals our positive traits (same as negativity).

Trivia Fact #5 -
When a group of people laughs, people instinctively look toward group members they feel closest too.

Trivia Fact #6 -
If someone is angry with you and you stay calm, they’ll probably get angrier but they’ll be ashamed at themselves later.

Trivia Fact #7 -
If you ask someone a question and they only give you a partial answer, maintain eye contact and stay silent. The person answering will usually assume that the original answer wasn’t good enough, and they’ll keep talking.

Trivia Fact #8 -
We seem to ignore the ones who adore us and pay more attention to those that ignore us.
Part 5
Relationships

SPECIAL ANNOUNCEMENT

Here’s a special reminder. Take a look.

In every waking moment, you choose to be aware, unaware, or don’t care.

Choose wisely - and your life will be more enjoyable, satisfying, and fulfilling

Note: It is suggested you allow time to digest, reflect, and process the information in Part 5 before proceeding to Part 6. It may be useful to write down your thoughts. If seen by a group, perhaps a healthy discussion should follow.
BRIEF QUIZ

The quiz consists of 5 assorted multiple choice / true or false questions or statements. You have 5 minutes to complete the quiz. Best of luck.

#1
In seeking friendships and relationships, it is important to be your genuine self.
- True
- False

#2
What is a good quality when wanting to make a new friend?
- Make a conscious effort to smile and make eye contact.
- Show you are confident and approachable.
- Ask open-ended questions to learn their preferences.
- All of the above.

#3
Getting along with others takes cooperation and understanding.
- True
- False

#4
Letting someone speak freely is vital to any friendship.
- True
- False

#5
If you find people are always pushing your buttons, you should consider getting rid of the buttons.
- True
- False
Welcome to Part 6: Transportation

- We will learn the pet peeves of pedestrians and drivers.
- We will learn how cell phone users impact their environment.
- We will learn common sense ways to be aware and safe.
Chapter 1

“Never underestimate the power of very stupid people in large groups.”

*John Kenneth Galbraith*

Hopefully, we learned the importance of common sense, manners, and rules when we’re children. Hopefully, in our teens we learned the value of respect and consideration for all people. Never is all this more important than when behind the wheel of a two-ton vehicle.

Having a driver's license is a privilege, not a right.

On the road, drivers and pedestrians will expect you to abide by the law and exercise good judgment. Unchecked stress and biases can be a recipe for disaster. Life is precious and surprisingly short. Avoid taking unnecessary risks and follow the rules of the road.

A vehicle is designed for safe travel. Your mind must be programmed for safe travel.

Common sense says it is wise to review the Department of Motor Vehicle Handbook at least once a year.

But for all the rules and regulations and signs and training, many people display their contempt for others through erratic behavior and reckless driving - often leading to accidents and, in some cases, fatalities.

Looking at the pet peeves of drivers, passengers, and bikers ... we will see where everyone would benefit from common sense.
PET PEEVES ABOUT DRIVERS

1. Drivers not adjusting or using mirrors properly (especially for blind spots).
2. Drivers not checking all car lights and oil before leaving home.
3. Drivers not stopping, merging, or yielding at respective sign.
4. Drivers not slowing down in a school zone.
5. Drivers not abiding the right-of-way rules at four-way stops.
6. Drivers not using turn signals.
7. Drivers not going when the light turns green.
8. Drivers tapping brakes too often for no reason.
9. Drivers passing left of a stopped bus on the right with passengers crossing.
10. Drivers texting, tweeting, applying make-up, eating while driving.
11. Drivers slowing down if indecisive about when to turn.
12. Drivers slowing down to rubberneck at accidents.
13. Slow drivers on a two lane road won’t pull over (holding up more than 5 cars).
14. Slow drivers dawdling in the passing lane (fast lane).
15. Drivers who excessively honk.
16. Drivers who excessively flash high beams.
17. Drivers not dimming high beams when a car is approaching.
18. Drivers not turning on headlights when it's raining or at dusk.
19. Drivers that tailgate - especially in unsafe weather conditions.
20. Drivers who quickly pass you, then drive slowly in front of you.
21. Drivers who cut you off, speed in the merge lane, and swerve in traffic.
22. Drivers waiting till the last minute to pull way over to the right lane to exit.
23. Drivers slamming on the brakes when they see a cop.
24. Drivers giving a finger instead of a wave.
25. Passengers who wave their arms or stick their feet out the window.
26. Drivers taking up two parking spaces.
27. Drivers that double-park (especially when a bus is approaching).
28. Drivers holding up a long line of cars waiting for a parking space to open up.
29. Drivers parking in a handicap zone and they’re not handicapped.
30. Drivers who speed through a crosswalk as a pedestrian is crossing midway.

And please, ensure regular maintenance.
RAPID TRANSIT COMMON COURTESY

1. Line-up outside bus door on the right side. Allow passengers to exit before you enter.
2. Please have your change or pass ready when boarding.
3. Always stay on the right side when entering the bus in case of a late exit.
4. Do not force your way through the aisle. Say ‘excuse me’ as you move around passengers.
5. Observe and abide by all posted signs, maps, notices, and directions.
6. Do not swing your umbrella around and get everyone wet. Be mindful.
7. Do not sit in an area marked for senior citizens or those with disabilities (unless it applies).
8. Do not squeeze into a seat that is too small for you. Find comfortable seating.
9. Do not take up two seats for one person with a gym bag, shopping bags, etc.
10. Do not put your feet on a seat.
11. Do not lean on someone or continually bump them.
12. Do not wear obstructive clothes or giant backpacks.
13. Do not drink or eat on a bus for safety and sanitation reasons.
14. Do not groom yourself on public transportation. You are not in a bathroom.
15. Do not ask the driver unnecessary questions (read the posters or map).
16. Do not linger around driver causing distraction, obstructing the door, or blocking an aisle.
17. Do not complain to the bus driver about not being on time. Contact customer service.
18. Do not ask a driver for directions. Look it up. He’s a driver, not google.
19. Do not talk over an announcement so the message can be heard.
20. Do not sing or talk loudly on your cell phone or talk loudly to another passenger.
21. Do not chew gum loudly and attempt to blow bubbles in confined quarters.
22. Do not scream at your children nor expect others to babysit.
23. Do not stand by the exit/entrance if you’re stop is miles away.
24. Please cover your mouth when you cough and your nose when sneeze.
25. Be considerate and pleasant by using deodorant and mints.

Courtesy makes a difference!
Part 6
Transportation

PRESENTATION

Chapter 2

PEDESTRIAN COMMON COURTESY
1. Walk on the right, pass on the left (keep middle area clear).
2. Be aware when walking in a group not to take up the whole sidewalk.
3. Be cautious if you are wheeling luggage or carriages.
4. Stand still on the side of the sidewalk if you have to text.
5. Do not block building entrances or stairs.
6. Do not throw cigarettes or trash on the sidewalk or in the street.
7. Do not skateboard or bicycle on the sidewalk when there is heavy foot traffic.
8. Do not spit on public property especially in front of others.
9. Do not write on dirty windshields or vehicles in general.
10. Keep dogs on a leash, in check, and clean up after their messes.
11. Be considerate when smoking electronic cigarettes around non-smokers.
12. Do not jaywalk and interfere with oncoming traffic. Adhere to signs, crosswalk lights, and traffic lights.
13. At crosswalk, don’t walk in a way that pushes others out of the painted lines and possibly into traffic.
14. Please put garbage cans in an area that doesn’t block the sidewalk.

Rules are in place for your safety. Manners make rules more pleasant. We are part of the flow.

BIKING COMMON COURTESY
1. Ride, in single file, as near to the right as possible and never against traffic.
2. Follow lane markings.
3. Stop at all stop signs and red lights.
4. Use hand signals.
5. Be predictable and steady, do not weave.
6. Honor others right of way and don’t block the road.
7. Don’t obstruct a pedestrian’s ability to get onto the sidewalk.
8. Use lights and reflectors at dusk and early dawn.
PART 6
Transportation

PRESENTATION

AIR TRAVEL STATISTICS
What are common customer complaints?
- 77% body odor
- 66% delays
- 62% crying babies or small children (pack earplugs)
- 59% inconsiderate parents of small children
- 56% lack of leg room
- 52% unclean bathrooms
- 49% loud passengers
- 46% passengers reclining their seats
- 43% paying for checked luggage
- 40% long lines

Chapter 3
LIFE IS LIKE A JOURNEY ON A TRAIN
Life is like a journey on a train. Our parents and guardians taught us the rules of the tracks. Up and down and over the bend choices abound as we pass the many stops. Some won’t care how the train works or see the possibility of each stop. Wish them well for poor choices will steer their life. Interesting people will teach you about yourself. Your reactions will benefit or derail you from your true purpose. Worry is worthless. Fear is mostly an illusion. Pain can be useful but not suffering. No matter how good or bad a situation or feeling, it will change. Travel can expand and enlighten you. The longer the ride the more the memories. They will bring comfort when the ride is slow. Make your peace with the past so you can enjoy the present. And remember, many things are up to you. If you see the journey as hopeless, it will be. If you see the journey as hopeful, it will be. Up and down and over the bend choices abound as we pass the many stops. We are all on different paths. And if, throughout your travels, you want to extend a hand to peace: choose to acknowledge and be considerate to all passengers.
Part 6
Transportation

REVIEW

Ponder and Discuss #1
Hopefully, we learned the importance of common sense, manners, and rules when we’re children.

Ponder and Discuss #2
Hopefully, in our teens we learned the value of respect and consideration for all people.

Ponder and Discuss #3
On the road, drivers, passengers, and pedestrians will expect you to abide by the law and exercise good judgment.

Ponder and Discuss #4
A vehicle is designed for safe travel. Your mind must be programmed for safe travel.

Ponder and Discuss #5
But for all the rules and regulations and signs and training, many people display their contempt for others through erratic behavior.

Ponder and Discuss #6
Reckless driving often leads to accidents and, in some cases, murder.

Ponder and Discuss #7
Avoid taking unnecessary risks and follow the rules of the road.

Ponder and Discuss #8
Learning facts can be fun and interesting.
COMMON SENSE HUMOR

The early bird might get the worm, but the second mouse gets the cheese.

When everything’s coming your way, you’re in the wrong lane and going the wrong way.

If an athlete gets athlete’s feet, does an astronaut get missile-toe?

You can lead a horse to water, but a pencil must be led.
Part 6  
Transportation

COMMON SENSE RIDDLES

This test does not require a pen, paper, or calculator. All you need is common sense and logic. With each question, look for clues and keywords to best analyze what is being asked. The answers to the following four riddles are obvious, once you find the key.

Riddle #1:  
An electric train is moving north at 100mph and a wind is blowing to the west at 10mph. Which way does the smoke blow?  
*There is no smoke with an electric train.*

Riddle #2:  
If a train leaves Los Angeles at 5pm headed for Honolulu whose time zone is 3 hours behind and it takes 5 hours to arrive - what time will the train arrive?  
*At this time, a train cannot cross the ocean between these two locations.*

Riddle #3:  
If 1=5, 2=5, 3=125, 4=625, what does 5 equal?  
1=5.

Riddle #4:  
When does four plus five equal ten?  
*It doesn’t.*

Riddle #5:  
Spell “silk” out loud 3 times in a row. What do cows drink?  
*Water.*
Quotes are a wonderful way to inspire thinking.

If people use common sense and their own guiding moral compass, I think they’ll generally stay out of trouble.
*Steve Chabot*

You don’t get anything clean without getting something else dirty.
*Cecil Baxter*

Those who think they have no time for exercise will sooner or later have to find time for illness.
*Edward Stanley*

Take care of your body. It’s the only place you have to live.
*Jim Rohn*

He who learns without thinking will be bewildered; he who thinks without learning will be in danger.
*Confucius*

The pain of parting is nothing to the joy of meeting again.
*Charles Dickens*

I may not have gone where I intended to go, but I think I have ended up where I needed to be.
*Douglas Adams*

Life isn’t about finding yourself, Life is about creating yourself.
*George Bernard Shaw*
Part 6
Transportation

FACT OR FICTION

1. Women are definitely worse drivers than men.
   *Men get into 70% more accidents than women.*

2. Ostriches bury their head in the sand when they are scared.
   *To grind up food in their stomachs, they will swallow sand and pebbles by bending down and sticking their heads in the sand to gather the pebbles.*

3. Houseflies only live for 24 hours.
   *An adult housefly can live up to one month in the wild.*

4. Microwave oven radiation can cause cancer.
   *Microwaves don’t exude enough energy to damage genetic material in cells.*

5. The monster’s name was Frankenstein in Mary Shelly’s book.
   *Frankenstein was the name of the monster’s creator.*

6. Bulls are enraged by the color red.
   *Bulls are actually color blind and react to the motion of the bull fighter’s cloth.*

7. Speed reading courses are ineffective.
   *They diminish comprehension.*

8. Tomatoes are a vegetable.
   *Tomatoes are a fruit.*

9. Dreams generally last a couple of seconds.
   *Many dreams last a half-hour or even longer.*

10. Eating cheese before going to bed will guarantee nightmares.
    *It is believed that cheese will give you emotionally charged dreams but not necessarily nightmares.*
Part 6
Transportation

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Part 6
Transportation

BRIEF QUIZ

The quiz consists of 5 assorted multiple choice / true or false questions or statements. You have 5 minutes to complete the quiz. Best of luck.

#1
Having a driver’s license is a privilege, not a right.
- True
- False

#2
What is an example(s) of pedestrian common courtesy?
- Walk on the right, pass on the left (keep middle area clear).
- Stand still on the side of the sidewalk if you have to text.
- Do not block building entrances or stairs.
- All of the above.

#3
It is important for drivers and pedestrians to abide by the law and exercise good judgment.
- True
- False

#4
But for all the rules and regulations and signs and training, many people display their contempt for others through erratic behavior and reckless driving - often leading to accidents and, in some cases, fatalities.
- True
- False

#5
Would you agree that rules are in place for your safety and that manners make rules more pleasant?
- True
- False