

Criticism

Week 1

"All of us could take a lesson from the weather. It pays no attention to criticism."

Unknown

Translation for Adults

Being criticized is inevitable. It is much wiser to accept fact, instead of allowing criticism to become a barrier to your tasks, goals and accomplishments. You'll learn and grow as a human being if you act just like the weather, when it comes to criticism: No matter how much you criticize it, it still acts exactly like weather. It does not matter how much criticism you receive; what's important is that you maintain your course and continue to do what is right. Although criticism from others can be constructive, it's important to ignore that criticism occasionally, so you are not deterred from striving toward your goals.

Translation for Kids

Raise your hand if you've ever complained about the weather. It didn't change just because you complained and criticized it, did it? The weather has a job to do and it does its job no matter what you say about it. You must learn to act just like the weather. People will criticize you, but that shouldn't stop you from working hard toward your goals everyday. Learn to ignore criticism and you'll see a clearer path to the future. Remember to keep doing what is right, stay focused on your goals and continue to strive for success, even when others criticize.

Class Discussion for Kids

1. When was the last time you were criticized?
2. How did you respond to that criticism? Did you let it stop you from working toward your goals?

Week 2

"Criticism is more effective when it sounds like praise."

Arnold H. Glasow, one of America's most quoted humorists

Translation for Adults

Criticism can be a constructive tool to help others be better without making them feel bad. Using constructive criticism correctly is challenging, especially when criticizing a spouse, friend or family member. Learn how to use criticism, as praise, and it will be accepted as positive reinforcement. For example, when speaking to a co-worker, instead of saying, "You really need to work on your presentation," say, "Your report was excellent, you can make it even better if you..." The opening praise helps to disguise the criticism. Your co-worker, or anyone, will be more receptive to your message when you phrase your criticism correctly.

Translation for Kids

Always be very careful when you decide to criticize a family member or a friend. If you criticize them incorrectly, then you could easily hurt their feelings or your friendship. The best way to criticize others is to praise them first. There are many times at school when your positive criticism could help someone be better, without making them feel bad. Maybe one of your friends received a low score on a test. Instead of saying, "Wow! You really need to study more," you could say, "You always do so great in class. I bet if you studied a little bit more, you could do really great on those tests too." Praise first, and then criticize; you'll help others be better.

Class Discussion for Kids

1. Give an example of positive criticism.
2. When is a good time to use this positive criticism?

WORDS OF THE WEEK

MOTIVATIONAL LESSONS FOR CHILDREN AND ADULTS

Week 3

"Don't mind criticism. If it is untrue, disregard it. If it is unfair, keep from irritation. If it is ignorant, smile. If it is justified, learn from it."

Unknown

Translation for Adults

It can be beneficial to ignore criticism occasionally, especially if it becomes a barrier to your goals. If the criticism comes from the right source and is the truth, then you must accept it and learn from it, even if it is painful. Much of the time we disregard all criticism because we simply do not want to hear it. That attitude, however, will make you unable to use the criticism to be better. Don't overlook the positive benefits of justified criticism. Accept it, learn from it, and it will drive you toward your goals.

Translation for Kids

Criticism is not always wrong. Sometimes, we must accept and learn from it. Let's say you're testing for your next belt, but your instructor wants you to test a second time to make sure you are really ready. You can respond to his criticism in two different ways. You could be mad at your instructor and feel bad, or you could make the wise choice and accept his criticism as positive help to make you a great Black Belt. It is important to learn from criticism, especially if it comes from the right person for the right reason.

Class Discussion for Kids

1. When was the last time you were criticized and it was justified?
2. Did you learn from it? What did you learn?

Week 4

"Criticism, like rain, should be gentle enough to nourish one's growth without destroying one's roots."

Unknown

Translation for Adults

Criticizing people close to you is a very delicate task, and it can only be done successfully if you are extremely tactful and gentle. Remember, the goal of positive, or constructive, criticism is to help others grow, not "wither on the vine." Just as the rain aids in the growth of a plant, your constructive criticism must aid in the growth of a person.

Translation for Kids

Whenever you criticize others, especially a family member or friend, you must do it as gently as possible. It is important to remember that the goal of your positive criticism is to help them grow and become better. Never criticize just to make others feel bad. Act like a Black Belt and be gentle and tactful, when you help others improve with positive criticism.

Class Discussion for Kids

1. Why is it important to be gentle and tactful when criticizing others? What could happen if you were too harsh with your criticism?
2. When was the last time you criticized someone too harshly? What could you have said differently to be more positive?