

RETOOL YOUR SCHOOL!

Part 4

PSYCHOLOGY

The Secrets of Self-Control: The Marshmallow Test 40 Years Later

By Maia Szalavitz @maiasz | Sept. 06, 2011

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Ever wonder why your willpower fails you just when you need it most? The results of a new long-term study, which first began more than 40 years ago with the now-famous [marshmallow test](#) in preschoolers, may offer some clues.

In the late 1960s, researchers submitted hundreds of four-year-olds to an ingenious little test of willpower: the kids were placed in a small room with a marshmallow or other tempting food and told they could either eat the treat now, or, if they could hold out for another 15 minutes until the researcher returned, they could have two.

Most children said they would wait. But some failed to resist the pull of temptation for even a minute. Many others struggled a little longer before eventually giving in. The most successful participants figured out how to distract themselves from the treat's seduction — by turning around, covering their eyes or kicking the desk, for instance — and delayed gratification for the full 15 minutes.



Foodcollection RF / Getty Images

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PSYCHOLOGY

The Secrets of Self-Control: The Marshmallow Test 40 Years Later

By Mala Szalavitz @malasz | Sept. 06, 2011

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“Follow-up studies on these preschoolers found that those who were able to wait the 15 minutes were significantly less likely to have problems with behavior, drug addiction or obesity by the time they were in high school, compared with kids who gobbled the snack in less than a minute. The gratification-delayers also scored an average of 210 points higher on the SAT.”

Ever wonder why your willpower fails you just when you need it most? A new study, based on a long-term study, which first began more than 40 years ago with preschoolers, may offer some clues.

In the late 1960s, researchers submitted hundreds of preschoolers to a test of self-control. The kids were placed in a small room with a marshmallow on a table. They were told they could either eat the treat now, or, if they could hold out for the 15 minutes, they would be rewarded with two.

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<http://healthland.time.com/2011/09/06/the-secrets-of-self-control-the-marshmallow-test-40-years-later/>

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THEY WERE ALSO SUPPOSED TO “GROW UP” ...



THEY WERE ALSO SUPPOSED TO “GROW UP” ...

- “God created man for His own glory, that after test and trial the human family might become one with the heavenly family. It was God's purpose to repopulate heaven with the human family, if they would show themselves obedient to His every word. Adam was to be tested, to see whether he would be obedient, as the loyal angels, or disobedient.”

1BC 1082. {TA 287.2}

**“Train up a child in
the way he should
go...”**

PROVERBS 22:6

**What brings you to
children's ministry?**

THEY ARE MOST SUSCEPTIBLE...

- “It is still true that children are the most susceptible to the teachings of the gospel; their hearts are open to divine influences, and strong to retain the lessons received. The little children may be Christians, having an experience in accordance with their years. They need to be educated in spiritual things, and parents should give them every advantage, that they may form characters after the similitude of the character of Christ.”—Desire of Ages, p. 515.

SUCCESSFUL CHILDREN'S MINISTRY COORDINATION

What does it entail?

- As Children's Ministries Coordinator, your job is to bring together the various individuals involved in ministering to children in your church – to support them and encourage them to cooperatively develop schedules, budgets and manage supplies. According to the 2005 edition of the Seventh-day Adventist Church Manual, the Children's Ministries Coordinator:
 - ✓ is a voting member of the Church Board (p 91)
 - ✓ serves on the Personal Ministries Council (p 102)
 - ✓ serves on the Sabbath School Council (p 104)
 - ✓ may be responsible for Vacation Bible School (p 106)
 - ✓ should be an individual of moral and ethical excellence (p 129)
 - ✓ chairs the Children's Ministries Committee (p 143)
 - ✓ is selected by the Nominating Committee (p 155)
- Your church may organize ministries in different ways. In any case, your responsibility is to all the children in your congregation and community.

VOLUNTEER SCREENING!

- EVERYONE WHO WORKS WITH CHILDREN MUST FIRST APPLY!
- 6 MONTH RULE
- ALWAYS 2
- OPEN DOOR
- ALBERTA RECENTLY REVIISED THE VOLUNTEER SCREENING FORMS!
- UNDER 30 = BACK CHECK, OVER 30 = VULNERABILITY CHECK
- TO BE RENEWED EVERY 5 YEARS
- DOCUMENTS TO BE AVAILABLE AT:
WWW.ALBERTAADVENTIST.CA

Areas of Coordination may include:

1. Children's Sabbath School
2. Vacation Bible School
3. Children's Stories (During worship service)
4. Childcare
5. Children's bulletins
6. A newsletter
7. Summer Day Camp
8. Special outings
9. Adventure Club
10. Pathfinders
11. Children's Church

Coordination of Children's Ministries

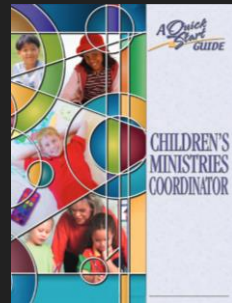
- Plans new programs as church resources permit, assigning both starting and ending dates for each.
- Develops with the Children's Ministries Committee a coordinated calendar for Children's Ministries events for the entire year, distributing it to every family and leader in the church.
- Coordinates the ministries to children so that leaders see their ministry as part of a larger team, all working together for the good of the church's children.
- Works with ministry leaders to clarify the goals of each ministry.
- In the absence of a children's pastor, works with the pastor in events such as baby dedications and baptisms of children.
- Prepares/submits statistical reports for the conference Children's Ministries and/or the division director.

Leadership Role Includes:

- Chairs the Children's Ministries Committee, made up of children's Sabbath School division leaders, VBS leader, Children's Church leader and other leaders of ministries for children.
- Represents the Children's Ministries Committee on both the Sabbath School Council and the Church Board.
- Works with children's leaders to develop a budget for each of their ministries, with a line item for each; presents the budget to the church treasurer and the Church Board.
- Takes an active interest in the strategic planning of the pastor and/or the Church Board.
- Organizes a special program for Children's Sabbath, the first Sabbath of October.
- Distributes information and communications from the conference to all children's leaders; collects information for reports and sends them to the conference.
- Oversees a permanent file of all children, with pertinent information both of church children and guests to outreach programs; shares the student files with ministry leaders who help update and maintain the records.
- Demonstrates a concern for child safety by personally completing the volunteer ministry information form and by allowing no person to work with children who has not already filled out the form and been approved; insists that guidelines for volunteers and caregivers be followed.

Top 10 Things the Children's Ministries Coordinator Should Do:

1. Read the Quick Start Guide booklet and join Adventist Children's Ministries Association (ACMA). See appendix for more information or visit: <http://www.acma-online.org/>
2. Get an overall picture of Children's Ministries in your church research what's happening; talk to leaders and former leaders;
3. Discover what needs have not yet been met; talk to ministry leaders, teachers, parents and members.
4. Talk to the pastor: Ask for the pastor's vision for your church
 - Report what you have found so far
 - Promise to figure out how Children's Ministries can support this mission/vision
 - Ask for representation on committees and boards (as specified in the Church Manual)



Top 10 Things the Children's Ministries Coordinator Should Do:

5. Call the Children's Ministries Committee together: • Assess the needs of Children's Ministries in your church • Have the committee members take the "How Family Friendly is MY Church" quiz • Set the calendar for the year • Print a copy for every family • Present budget requests/needs • Share the vision and pledge your support
6. Take inventory of supplies.
7. Talk to the church treasurer and find out what budget is already available for your ministries. (Investigate the possibility of a "lamb's offering" for Children's Ministries if none exists.)
8. Take the calendar and budget to the Church Board.
9. Start a program of prayer warriors who are paired with each leader/teacher.
10. Plan for change — don't announce something until you have planned it carefully and have the support of the Children's Ministries Committee.

Duties of the Children's Ministries Coordinator

Mission:

The mission of children's ministries is to lead children, ages birth through age 13, into a loving, serving relationship with Jesus Christ.

Description:

- Responsible to the Church Board.
- Relates closely with the Sabbath School Council, Children's Sabbath School division teams, the VBS team and all other Children's Ministries teams.
- Ministry mission: to coordinate all ministries for children; to recruit, screen, equip and support children's leaders.
- Liaison to the local conference for sharing information and data.

Commitments

Time Commitment:

Approximately 3 hours per week, depending on the scope of ministries at your church.

Length of Commitment:

One or two years, depending on the practice of the local church.

Selecting Children's Curriculum

Guidelines for Choosing Curriculum

- Is the material Bible-based?
- Is it Christ-centered and doctrinally sound?
- Does it reinforce spiritual growth and grace?
- Is it attractive, fun and make the Bible come alive?
- Can it be applied to the child's life today?
- Is it age appropriate?
- Is it well organized yet flexible?
- Does it actively involve the children?

**HOW DO YOU RESPOND
WHEN A CHILD ASKS FOR
BAPTISM?**

Personal Religion for Children

- “Children of eight, ten or twelve years, are old enough to be addressed on the subject of personal religion Do not teach your children with reference to some future period when they shall be old enough to repent and believe the truth. If properly instructed, very young children may have correct views of their state as sinners, and of the way of salvation through Christ.”—Testimonies, Vol. 1, p. 400.

Baptismal Guidelines for Children

What response do we give children when they ask to be baptized? What resources do we use to get them ready?

“While there is no stated age for baptism, it is recommended that very young children who express a desire to be baptized should be encouraged and entered into an instruction program that may lead to baptism.” The Church Manual, p. 29

Baptismal Guidelines for Children

- Linda Koh of the General Conference Children's Ministries Department advises:
- "When a child makes a decision to become a follower of Christ, the Children's Ministries Coordinator should encourage the church leadership to arrange a service of Affirmation of Faith for that child. Such a ceremony helps to affirm the child's decision and shows that the congregation rejoices with him/her for making such a commitment."

Baptismal Guidelines for Children

- Ellen G. White also recognizes that children do make serious decisions for baptism. She counsels the church in Testimonies , vol. 1, p. 169 that:
- “Children of eight, ten or twelve years, are old enough to be addressed on the subject of personal religion. Do not teach your children with reference to some future period when they shall be old enough to repent and believe the truth. If properly instructed, very young children may have correct views of their state as sinners, and of the way of salvation through Christ.”

Baptismal Bible Study

God Loves Me **28 Ways**

Bible
Adventures
for *Young Readers*

SIMPLIFIED Baptismal Vows

- 1. I believe in God the Father; in His Son, Jesus Christ; and in the Holy Spirit.
- 2. I accept the death of Jesus to pay for my sins.
- 3. I accept the new heart Jesus gives me in place of my sinful heart.
- 4. I believe that Jesus is in heaven as my best friend and that He gives me the Holy Spirit so I can obey Him.
- 5. I believe God gave me the Bible as my most important guidebook.
- 6. By God living in me, I want to obey the Ten Commandments, which include the observance of the seventh day of the week as the Sabbath.
- 7. I want to help as many people as possible to be ready for the soon coming of Jesus.
- 8. I believe God gives special abilities to His people, and that the Spirit of Prophecy is given to His chosen people.
- 9. I want to help God's church with my influence, effort, and money.
- 10. I want to take good care of my body because the Holy Spirit lives there now.
- 11. With God's power, I want to obey the basic principles of the Seventh-day Adventist Church.
- 12. I want to be baptized to show people I am a Christian.
- 13. I want to be a member of the Seventh-day Adventist Church, and I believe this church has a special message to give to the world.

BOOK KEEPING

Year-End Reporting: Resources Follow Results!

- We believe that Children's Ministries is our "secret weapon" for reaching out to unchurched families. The information you provide on your year-end report helps increase the support available to you—budgetary and otherwise—to grow your ministry in your community.
- Besides, when you pour your energies into a program, you want someone in leadership to notice! The items on these year-end reports provide goals to achieve. If churches grow in each area, they will bring a balance to Children's Ministries. Thanks for your support.



LOCAL CHURCH CHILDREN'S MINISTRIES YEAR-END REPORT

Complete this report online if you prefer;
see www.childmin.com/Resources.

Please return this form to
NAD Children's Ministries

Due by January 31

Conference _____

Name of church _____

Children's Ministries Coordinator _____

Address _____ Phone _____

_____ E-mail _____

1. Our church has a children's ministries coordinator YES NO
2. We conducted a Vacation Bible School program YES NO
3. We reported our Vacation Bible School program
(see www.childmin.com) YES NO
4. This year our church sponsored a Branch Sabbath School
with classes for children YES NO
(Branch Sabbath School is an outreach ministry—not the regular
Sabbath School.)
5. Our church conducts at least one baptismal class for children YES NO
6. Number of children under age 14 who were baptized this year _____
7. Number of outreach/service opportunities* in which
children from our church participated _____
*Such as making sandwiches for a homeless shelter, collecting and
delivering food baskets or blankets, etc.
8. Our church uses the GraceLink Sabbath School curriculum
in the following divisions: Beginner
 Kindergarten
 Primary
 Junior-Teen
 Combined division

UNDERSTANDING CHILDREN

Parents and Children

- “Parents should search the Scriptures with their children. They should become familiar with the lessons themselves; then they can assist their children in learning them. Every day some portion of time should be appropriated to the study of the lessons, not merely in learning to mechanically repeat the words, while the mind does not comprehend the meaning; but to go to the very foundation, and become familiar with what is brought out in the lesson. The indifference of the children, in very many cases, is chargeable to the parents. They are indifferent, and the children catch the same spirit. If parents show that they attach importance to the Sabbath school, by giving it respect and prominence, the children will generally copy their example.” {CSW 53.1}

**SPIRITUAL C.H.I.L.D.
PSYCHOLOGY**

SPIRITUAL C.H.I.L.D. PSYCHOLOGY

○ CONSISTENCY

○ HAPPINESS INVESTMENT

○ INTEREST

○ LOVING DISCIPLINE

○ DIVERSION

CONSISTENCY #1

- “Too often, at the very time when the children should show unquestioning respect and obedience to the counsel of their parents, the parents slacken the reins of discipline. Parents who have hitherto been bright examples of consistent piety are now led by their children. Their firmness is gone. Fathers who have borne the cross of Christ, and kept the marks of the Lord Jesus on them in singleness of purpose, are led by their children in questionable and uncertain paths.” {AH 193.1}

CONSISTENCY #2

- “The parents should not concede to the inclinations of their children, but should follow the plain path of duty which God has marked out, restraining them in kindness, denying with firmness and determination, yet with love, their wrong desires, and with earnest, prayerful, persevering effort leading their steps away from the world upward to heaven. Children should not be left to drift into whatever way they are inclined, and to go into avenues which are open on every side, leading away from the right path. None are in so great danger as those who apprehend no danger and are impatient of caution and counsel.” {AH 469.2}

CONSISTENCY #3

- “The question of the duty of children in regard to religious matters is to be decided absolutely and without hesitancy while they are members of the family. Parents stand in the place of God to their children to tell them what they must do and what they must not do with firmness and perfect self-control. Every effort made for them with kindness and self-control will cultivate in their characters the elements of firmness and decision. . . . Fathers and mothers are in duty bound to settle this question early so that the child will no more think of breaking the Sabbath, neglecting religious worship and family prayer than he would think of stealing. Parents' own hands must build the barrier.” {AH 320.3}

HAPPINESS INVESTMENT #1

- “Satan and his host are making most powerful efforts to sway the minds of the children, and they must be treated with candor, Christian tenderness, and love. This will give you a strong influence over them, and they will feel that they can repose unlimited confidence in you. Throw around your children the charms of home and of your society. If you do this, they will not have so much desire for the society of young associates. . . . Because of the evils now in the world, and the restriction necessary to be placed upon the children, parents should have double care to bind them to their hearts and let them see that they wish to make them happy.” {AH 193.1}

HAPPINESS INVESTMENT #2

- “Never act from impulse in governing children. Let authority and affection be blended. Cherish and cultivate all that is good and lovely, and lead them to desire the higher good by revealing Christ to them. While you deny them those things that would be an injury to them, let them see that you love them and want to make them happy. The more unlovely they are, the greater pains you should take to reveal your love for them. When the child has confidence that you want to make him happy, love will break every barrier down. This is the principle of the Saviour's dealing with man; it is the principle that must be brought into the church.” {AH 198.1}

HAPPINESS INVESTMENT #3

- “Parents, let your children see that you love them and will do all in your power to make them happy. If you do so, your necessary restrictions will have far greater weight in their young minds. Rule your children with tenderness and compassion, remembering that “their angels do always behold the face of My Father which is in heaven.” If you desire the angels to do for your children the work given them of God, co-operate with them by doing your part.” {AH 193.3}
- “Brought up under the wise and loving guidance of a true home, children will have no desire to wander away in search of pleasure and companionship. Evil will not attract them. The spirit that prevails in the home will mold their characters; they will form habits and principles that will be a strong defense against temptation when they shall leave the home shelter and take their place in the world.” {AH 193.4}

SHOW INTEREST

- There is danger of both parents and teachers commanding and dictating too much, while they fail to come sufficiently into social relation with their children or scholars. They often hold themselves too much reserved and exercise their authority in a cold, unsympathizing manner which cannot win the hearts of their children and pupils. If they would gather the children close to them and show that they love them, and would manifest an interest in all their efforts and even in their sports, sometimes even being a child among children, they would make the children very happy and would gain their love and win their confidence. And the children would sooner respect and love the authority of their parents and teachers. {AH 192.4}

LOVING DISCIPLINE #1

- Message after message has been given me for parents who thus neglect their family responsibilities. We are instructed to teach our children line upon line, precept upon precept, here a little, and there a little, teaching them to live as in the presence of God, showing them the requirements of God's Word, and explaining to them their duty concerning them. If your children are disobedient, they should be corrected. But do not punish in anger. Before correcting them, go by yourself, and ask the Lord to soften and subdue the hearts of your children, and to give you wisdom in dealing with them. Never in a single instance have I known this method to fail. – {10MR 103.1}

LOVING DISCIPLINE #2

- “Do not strike your children a blow until everything else had failed. Many times you will find that if you will reason with them kindly, they will not need to be whipped. And such a method of dealing will lead them to have confidence in you. They will make you their confidant. They will come to you and say, "I did wrong today at such a time, and I want you to forgive me and to ask God to forgive me." I have gone through scenes like this, and therefore I know. I have adopted children, and have tried to bring them up in the nurture and admonition of the Lord, and I had success in this work. I thank the Lord with heart and soul and voice that I can see today some of these children occupying responsible positions in the work of God. I am thankful that I had courage, when they did wrong, to deal with them firmly, to pray with them, and to keep the standards of God's Word before them. I am glad that I presented to them the promises made to the overcomer, and the rewards offered to those who are faithful.” {10MR 103.3}

DIVERSION #1

- “As a rule, the exercise most beneficial to the youth will be found in useful employment. The little child finds both diversion and development in play; and his sports should be such as to promote not only physical, but mental and spiritual growth. As he gains strength and intelligence, the best recreation will be found in some line of effort that is useful. That which trains the hand to helpfulness, and teaches the young to bear their share of life's burdens, is most effective in promoting the growth of mind and character.” {Ed 215.1}

DIVERSION #2

- There are modes of recreation that are highly beneficial to both mind and body. Wise parents will find abundant means for the entertainment and diversion of their children, from sources not only innocent but instructive. Recreation in the open air, the contemplation of the works of God in nature, will be of the highest benefit. Every nerve and sense will respond to the expressions of God's love in His marvellous works. {BEcho, October 15, 1894 par. 7}

DIVERSION #3

- “The exercise gained in mere play does not give the inspiration that quickens every organ of the body. Exercise merely for exercise soon becomes uninteresting. Let children take exercise by performing the duties of the home, thus relieving the overtaxed mother. If daughters would follow this plan instead of allowing their time to be occupied by a round of selfish pleasure, they would enjoy the satisfaction of knowing that they had done their duty and borne their share of the home duties. . . .” {5MR 224.1}

**What does she mean by
every organ?**

DR. KAWASHIMA'S STORY



THE EXPERIMENT

Kawashima, in need of funding for his research, originally decided to investigate the levels of brain activity in children playing video games expecting to find that his research would be a boon to manufacturers.

He compared brain activity in children playing Nintendo games with those doing an exercise called the Kraepelin test, which involves adding single-digit numbers continuously for 30 minutes.

To the surprise of brain-mapping expert Professor Ryuta Kawashima and his team at Tohoku University in Japan, it was found that the computer game only stimulated activity in the parts of the brain associated with vision and movement.

In contrast, arithmetic stimulated brain activity in both the left and right hemispheres of the frontal lobe - the area of the brain most associated with learning, memory and emotion.



Dr. Ryuta Kawashima

THE EXPERIMENT

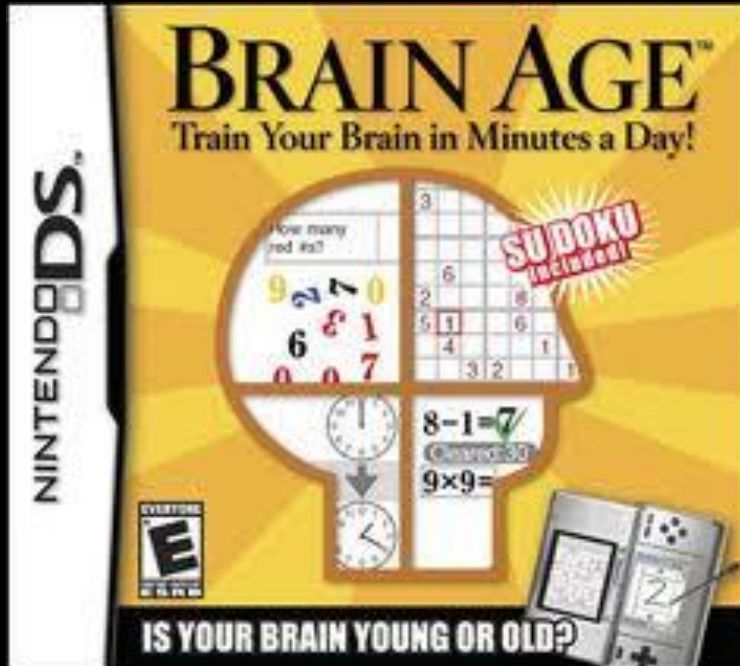
'The importance of this discovery cannot be underestimated,' Kawashima told The Observer.

“There is a problem we will have with a new generation of children - who play computer games - that we have never seen before.”

'The implications are very serious for an increasingly violent society and these students will be doing more and more bad things if they are playing games and not doing other things like reading aloud or learning arithmetic.'



Dr. Ryuta Kawashima



Dr. Ryuta Kawashima

<http://www.guardian.co.uk/world/2001/aug/19/games.schools>

**“REJECTED”
\$11 MILLION!!!**



Dr. Ryuta Kawashima

<http://www.guardian.co.uk/world/2001/aug/19/games.schools>
<http://news.cnet.com/2100-1040-271849.html>



