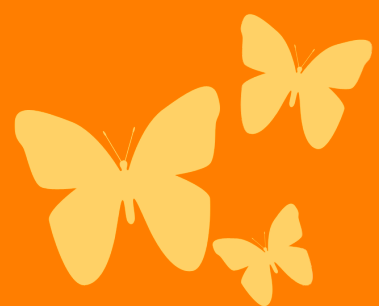




Family Values Scheme®



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RESPECT

What is Respect?

Respect is treating other people, places and things the way you want to be treated. Valuing someone and their thoughts and feelings is also important. We can show respect in many different ways - for example, by listening to someone without interrupting, being polite by saying please and thank you, being truthful with them. We can act in many different ways which are considered respectful.

REMEMBER:

1. Read the safety guidelines in the 'Instructions' section
2. Tick the tasks you complete and collect evidence
3. Complete the S.T.A.R family evaluation to qualify
4. Share your successes on nsmtc.co.uk

Family Gathering

Get started this month by holding a family meeting with as many family members as you can. You can meet around a table in the house or why not be creative and make use of the outdoors? Set a date and time to hold the meeting, select a family leader to chair it and then follow the steps below to get yourself started on this month's Family Value. There are three discussion activities and against each one there is a yellow star. Together, aim to colour in all the stars before you start this month's Family Value Tasks.



Read together the 'What is Respect?' section on the front page of the pack and discuss what this value means to you as a family. Using a large sheet of paper, write the value 'Respect' in the centre and write down everyone's responses. Pair together any answers that are related to each other. Use a dictionary if necessary to make sure that everyone understands what it means.



Together, discuss all the different ways you respect each other. Make a list! How can you show someone respect? How does it feel to be respected? What are the qualities of a respectful person? Discuss together.

"Football is like life - it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority."

Vince Lombardi

REMEMBER
The Value!

Family Gathering

"Without feelings of respect, what is there to distinguish men from beasts?"

Confucius



Now you are ready to decide on what your family goals are for this month. Together, answer the following questions:

- What do you want to achieve on your own?
- What do you want to achieve as a family?

Complete the 'Family Goals' page (at the back of the pack) and put it where everyone can see it. Keep reminding yourselves throughout the month what you want to achieve and be determined to find the time to do it! Think about how you will all feel when you have achieved what you set out to do!

When you have completed the 'Family Gathering' activities, colour in the stars and get ready to have some family fun!



REMEMBER
Your
Evidence!

Family Essentials

Family Essentials

Routine family tasks are the core principles of 'Family Essentials'. It is these basic essentials that will help to strengthen family relationships! Family Essentials is a really easy way to achieve points for your Family Values award. The more tasks you complete, the more award points you earn as a family.

A Chance to Talk ☆

Organise a meeting for the whole family. Invite brothers, sisters and grandparents to discuss what has been happening during the week, in school or work . Share each others experiences, its good to talk!

Time 4 School ☆

Can you get to school on time? How can you achieve this? Plan and prepare the night before to make your mornings go with a swing! If getting up is a struggle, put your clock forward by ten minutes - this is a great trick that really works.

*"A child
who is
allowed to
be
disrespect
ful to his
parents
will not
have true
respect
for
anyone."*

Billy Graham

REMEMBER
To Help
Out!

Family Essentials

*"When you
are content
to be simply
yourself and
don't
compare or
compete,
everybody
will respect
you."*

Lao Tzu

Family Meals ☆

Plan to eat a family meal together. Laying the table, serving and washing up are all part of having a family meal together. How many family meals can you do?

Lets Clean-Up ☆

Housework is never a chore if all the family gets in on the act. Make a list of all the housework to be done during the week and divide it up between all your family. Dusting, Hoovering, washing, ironing, cleaning are essential for a clean home!

Family Learning ☆

Is completing homework a chore? Why not work together to find out something new? Visiting the local library or researching on the internet are great ways of doing this. Completing homework can be fun! Encourage each other to learn something new.

REMEMBER
The Value!

Family Activities

Showing Respect ☆

Sit down together and make a list of things people do and say and write them down on pieces of card. You will need one statement for each piece of card. Decorate the cards with glitter and make a small hole in the centre of each card. Hang together with a piece of string in a place where everyone can see them. You have just made your very own glitter statements!

Bumper Badge ☆

You will need card, coloured pens, safety pin, glue, glitter, sequins. Begin by drawing around a small plate or saucer on to a piece of card. Cut out the circle which will be your bumper badge. With coloured pens, write the word 'respect' across the centre and underneath create a three word slogan. Decorate with lots of glitter and sequins and put the safety pin on the back. Wear your badge with pride! Make one for every member of your family.

RESPECT TIPS

Take time to listen to what someone has to say.

Ask someone how they feel.

Try to understand their feelings and empathise with them.

REMEMBER
Involve
Everyone!

Family Activities

*"Knowledge
will give
you power,
but
character
respect."*

Bruce Lee

Afternoon Tea ☆

One of the best ways of showing respect to someone is having good manners. A great way to show this is to serve someone afternoon tea! Make the tea and lay out biscuits and cakes on a plate with colourful serviettes. Choose your favourite person to serve afternoon tea to. Remember to use your manners and say please and thank you!

Character Sheets ☆

This activity is all about showing off your personality. You will need a large flat bed sheet, washable marker pens, fabric paint. Fold the sheet in half and lay it down on a flat surface and ask a member of your family to lie in the centre of the sheet so that their neck lines up with the folded edge. Choose someone with the washable marker to trace around their body. Once this has been done, ask the person to stand up and then fill in the lines with colour. They can use fabric paint to create the body wearing the outfit of a favourite character or hero. When dry, cut a hole where the centre of the neck should be and put the sheet over the person's head. Now - look in the mirror!

REMEMBER
Have Fun!

Family Activities

Picture Portraits ☆

This is a family portrait activity with a difference! You will need tape, sheets of acetate, oil pastels, A4 coloured paper, black marker pen. Sit opposite the member of your family you wish to do the portrait of. With the marker, draw an outline of their face on to the paper. Go over the drawing a second time to make sure the lines are thick. Tape the clear acetate on top of the drawing. Use the pastels to color in the face on the acetate, but leave all the black lines uncovered.

Respectful Personalities Poster ☆

Choose a celebrity whom you respect. This could be an actor, a sports personality, a popstar or comedian. Find pictures of your favourite person and stick on to a large piece of stiff card. Next, think of why you respect this person so much. Write the words around the pictures and display in your home.

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power."

Clint Eastwood

REMEMBER
Your Goals!

Family Activities

"Being brilliant is no great feat if you respect nothing."

*Johann Wolfgang
von Goethe*

REMEMBER
The Value!

Family Respectful ☆

Practise using the acronym S.T.E.P. which stands for Sorry, Thank You, Excuse Me and Please. Every time a member of your family says one of these, give them a small treat. Why not make up your own family acronym? Write it on a board and display it as a sign to remind you to be respectful towards one another.

Tin Can Totem Pole ☆

This is a great recycling activity for all the family. You will need five empty tin cans (e.g. baked beans), paint, paintbrushes, four clear plastic milk cartons (emptied and cleaned), a wooden dowel and some tape. Give five members of your family an empty tin can and ask them to paint a funny face on the front. While the paint is drying, choose the can that you want to put on top of your totem pole. Stack the tin cans on top of each other to see the height of the totem pole. Next, pierce two holes across the centre of the second can down from the top and push the rod through it so that it looks like arms. To finish, push on two plastic cartons on each side. Stand back and admire!

Family Activities

Chinese New Year Lantern ☆

This year is the year of the rabbit in the Chinese calendar! These lovely lanterns are an example of the activities used in China to celebrate their New Year festival. Chinese New Year is held on the 14 February. Have a go at making these mini paper lanterns and have your own mini festival at home. You will need: coloured paper, gold paper, tape, glue, paperclips, string.

To make each one, first help your child fold a 10 x 15 cm piece of coloured paper in half lengthwise and use scissors to make cuts about 2cm apart along the crease, stopping about 1.5cm from the paper's unfolded edges. Next, roll a 12 x 17 cm piece of gold paper widthwise into a tube and tape the ends together, overlapping them by about 2cm. Unfold the coloured paper and glue it around the tube so that its creases jut out slightly, securing it in place with paperclips while the glue dries. Finally, tape or glue a strip of matching coloured paper across the top of the tube for a hanger. For a garland, slip a number of lanterns on to a length of string or thin rope, taping them in place to keep them from sliding.

*"The bond
that links
your true
family is not
one of blood,
but of
respect and
joy in each
other's life."*

Richard Bach

REMEMBER
Involve
Everyone!

Family Activities

"Never take a person's dignity: it is worth everything to them, and nothing to you."

Frank Barron

REMEMBER
Have Fun!

Show Your Respect! ☆

Make a campaign poster about respect. Make sure you include the word 'Respect' and two reasons why someone would want to vote for having respect at home and at school. Make it bright and colourful so that you get your message across to others.

World Religions Calendar ☆

It is important that we respect not just each other but also other people's points of view and the way that they live. Checkout www.bbc.co.uk/religion/tools/calendar which will show you a list of all the religions in the world. Find out more about other religions by clicking on to each of the icons. The calendar shows when all the religious events in the world take place. Why not make your own religious calendar and mark some events that you can find out about or take part in?

A Respect Banner ☆

Make a banner about respect. You could make it from cardboard, paper or material. Decorate your banner with pictures and word cutouts that show respect. Include at least five ways that you can show respect to other people.

Family Reflections

Family Meeting ☆

At the end of the month it is time to hold a family meeting for everyone to reflect on how well the family has achieved the following:

- Demonstrated the value 'Respect'
- Communicated with each other
- Interacted with school and the community
- Individual goals
- Family goals

Time to Evaluate ☆

Evaluate using the checklist below:

- I/We have shown the value 'Respect' this month by...
- I/We have communicated well with each other by...
- I/We have interacted with school and the community by...
- I have achieved my individual goal this month by...
- We have achieved our family goal this month by...
- I/We feel that we could improve...

*"He who
wants a
rose must
respect the
thorn."*

Persian Proverb

REMEMBER
The Value!

Family Reflections

"You should respect each other and refrain from disputes; you should not, like water and oil, repel each other, but should, like milk and water, mingle together."

Buddha

REMEMBER
Your family
S.T.A.R!

Family Nominations ☆

Together, decide who deserves your Family Values trophy. The nominations can be discussed around the table or written on a piece of paper and placed in a box. Pretend you're at the Oscars and present the winner with the trophy.

Family Values S.T.A.R ☆

For your family to qualify for this month's Family Value award, please complete the S.T.A.R family evaluation form at the back of this month's pack. Together, calculate how many Family Value points you have achieved and send the evidence and form to your schools Family Values Scheme Coordinator.

Family Values Motivator

Remember to keep showing the value 'Respect' within your family today and every day!

Instructions

Getting Started

Step 1

Please read the 'Safety Guidelines' on the next page before getting started on the activities.

Step 2

Together as a family set your goals. A family can consist of any number of people, so invite mum(s) and dad(s), brothers and sisters, grandparents, uncles, aunties, cousins, god-parents, close family friends, support workers.

Step 3

Gather your evidence for each activity and display it in your Family Value Logbook. Your evidence can include, for example, photos, videos, tickets, pictures and written accounts.

Step 4

Complete the S.T.A.R family evaluation form to qualify and hand it in to the Family Value Scheme Coordinator at your school/organisation/children's centre.

Step 5

Tell us about your success stories on the nsmtc.co.uk Forum or email us on nsmtc@live.co.uk.

"In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony."

Eva Burrows

REMEMBER
Your
Evidence!

Instructions

Safety Guidelines

"Families are the compass that guide us. They are the inspiration to reach great heights, and our comfort when we occasionally falter."

Brad Henry

REMEMBER
Stay Safe!

Please read the safety guidelines before getting started.

Web Safe Code for Children

1. Do not give out your home address or phone number without permission. Ask first!
2. Do not give out the name and address of your school/organisation/children's centre without permission. Ask first!
3. Do not meet anyone you contact on the internet, unless your parent / carer says it is OK to do so and they go with you.

General Safety

1. Always ensure activities take place in a safe environment.
2. Keep sharp implements and potentially dangerous substances (e.g. glue) away from your child/children.
3. Ensure that your child/children is/are supervised by a responsible adult at all times.
4. Stop immediately if you or another member of your family feels unwell when taking part in an activity and seek medical advice if necessary.

Disclaimer

Gill Ellis and Nicola S Morgan are not responsible or liable directly or indirectly, for any damage caused by any organisation, staff, children and/or family member(s) resulting from the use or misuse of information/tasks contained in the Family Values Scheme packs.

Family Goals

Draw or photograph each family member and write their goal, then decide on your family goal.

Name: Goal:	Name: Goal:	Name: Goal:
Name: Goal:	Our Family Goal	Name: Goal:
Name: Goal:		Name: Goal:
Name: Goal:		Name: Goal:
Name: Goal:		Name: Goal:

S.T.A.R Family Evaluation

Stop - Think - And - Reflect

When you have completed the month's activities, please self-evaluate and hand in the S.T.A.R family evaluation form to your Family Values Scheme Coordinator.

Family name:

Registered email address:

What did your family learn about this month's value?
.....
.....

Which was your family's favourite activity and why?

.....
.....
.....

Which activity did your family least like and why?

.....
.....
.....

How has this month's value benefited your family?

.....
.....
.....
.....

Have you noticed any changes in your family since taking part in 'Family Values'?

.....
.....
.....
.....
.....
.....
.....
.....

"The only rock I know that stays steady, the only institution I know that works is the family."

Lee Iacocca



Family Values Scheme©

RESPECT

Well Done!

Remember to complete the S.T.A.R family evaluation form to qualify and hand it in to the Family Value Scheme Coordinator at your school/children's centre /organisation.



We hope you've enjoyed this month's Family Value pack.

Remember to tell us about your thoughts and success stories on the nsmtc.co.uk Forum. We're always looking for ways to improve the Family Values Scheme, so let us know if you have any suggestions for:

- Family Gathering
- Family Essentials
- Family Activities
- Family Reflections

For trophies, rosettes, logbooks and other resources, log on to nsmtc.co.uk and go to our online shop.

Remember to get next Family Values pack!