



Family Values Scheme®



RESPONSIBILITY

What is Responsibility?

Responsibility is the commitment to successfully complete a task you agreed to undertake. When you have agreed to complete something, there is an expectation that you keep to your word. It is important that every member of the family has their own responsibilities. The older you get, the more responsibilities you will have. This month you will learn all about responsibility and what that means for you and your family.

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

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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 Responsibility?' 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 'Responsibility' 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 responsibilities that each family member has. Make a list! How can these responsibilities be shared and recognised? What qualities do you need to be a responsible person? Does it matter how old you are? Discuss together.

*"It is easy to
dodge our
responsibilities,
but we cannot
dodge the
consequences of
dodging our
responsibilities."*

Josiah Charles Stamp

REMEMBER
The Value!

Family Gathering

"If you want children to keep their feet on the ground, put some responsibility on their shoulders."

Abigail Van Buren



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.

Family Values Book Club ☆

Plan time for a family reading session. Choose a book together that you will all enjoy! Sit down in a circle and take turns reading. Discuss characters, the plot and the illustrations (if any). At the end of the story, discuss your favourite parts and write a family book review. See www.childrensbooks.about.com for ideas for top children's books.

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.

"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of."

Jim Rohn

REMEMBER
To Help
Out!

Family Essentials

*"Life is a gift,
and it offers
us the
privilege,
opportunity,
and
responsibility
to give
something
back by
becoming
more"*

Anthony Robbins

REMEMBER
The Value!

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.

Family Activities

A Big Box of Responsibility ☆

Find a large cardboard box and decorate it together, using tissue paper, paint, sequins and any other craft material that you have at home. Write the word 'responsibility' across the middle and make a small slit across the top of the box big enough for you to post something through. Agree as a family that every time someone shows an act of responsibility, another family member writes it down on a slip of paper and pops in the box. At the end of the week, take out all the slips and read them out at your family meeting. Give a prize to the person who has shown the most responsibility.

Animal Life Cycles ☆

Choose an animal and study its life cycle. This could be a frog, a butterfly, a chicken or any other animal. Research how it began and the process it goes through taking notes and drawing pictures to show the complete cycle. Visit your local library for information or research on the internet (following the internet safety code). Share what you have found out with other members of your family, friends and school.

RESPONSIBILITY TIPS

Choose something or someone to be responsible for.

Take your responsibility seriously.

Share your responsibility with others.

Do a great job.

Accept praise by saying "Thank you".

REMEMBER
Involve
Everyone!

Family Activities

*"Responsibility
is the thing
people dread
most of all.
Yet it is the
one thing in
the world that
develops us,
gives us
manhood or
womanhood
fiber."*

Frank Crane

REMEMBER
Have Fun!

Taking Pet Responsibility ☆

It's always a big responsibility when you own pets to make sure that you look after them properly. It's very easy when we have busy weeks for your pet not to have the correct attention. If you have a busy week, plan time at the weekends for all the pet jobs to be done. This can be taking the dog for a long walk, cleaning out the rabbit hutch, changing the water for your fish. Divide the pet jobs up between all members of the family and even out the responsibility. Use the chore chart to help you or be creative and do your own. Your pet will really appreciate it!

Adopt an Animal ☆

If you haven't got a pet at home and would love to have the responsibility of looking after one, then the next best thing you could do is adopt an animal from one of the many animal charity organisations. From www.adoptananimal.uk.com you can adopt an animal for a small charge. You get a toy and picture of your animal and information about the species.

Family Activities

Visit an Animal Sanctuary ☆

There are lots of animal sanctuaries around the UK. Why not have a family day out and take lots of photographs for your log file? You could even take a picnic! There is a complete index of animal sanctuaries at www.animalsanctuaries.co.uk. There is something to suit everyone's interests including swans, wildlife, donkey and horse sanctuaries.

Bird Watch ☆

Visit www.bbc.co.uk/nature/20068092 and watch the bird action. There are live cameras in three bird boxes, a nesting perch and bird bath which record all the action live from a garden. If you haven't time to sit and wait, all the action is recorded and you can access it via the media section of the site. Give the soaps on television a rest and learn how birds live, feed and grow!

"The willingness to accept responsibility for one's own life is the source from which self-respect springs."

Joan Didion

REMEMBER
Your Goals!

Family Activities

*"When you
blame
others, you
give up your
power to
change."*

Anonymous

Make a Bug ☆

Have you ever wanted to make your very own bug? You will need:

- A glow stick, a two-litre plastic bottle and cap, wing patterns, wiggle eyes, craft wire for antennae and pipe cleaners for legs.
- Glue stick or glue, felt tip pens and crayons.

Using the above materials, see which family member can come up with the most creative and imaginative bug! Give a small family prize to the winner!

Community Responsibility ☆

Sit down together and look through your local newspapers and school newsletters. Choose one thing to get involved in this month. It could be joining the local environmental group to do a litter pick-up or getting involved in this month's PTA event. It doesn't matter how small it is the main thing is that you are all taking your responsibilities out into the local community so that everyone can benefit!

REMEMBER
The Value!

Family Activities

Beautiful Butterflies ☆

Butterflies migrate to their winter habitats at the end of August. Why not make your own colourful butterflies? They are simple and easy to make. You will need: coloured tissue paper, scissors, pipe cleaners, thread and string.

Take two sheets of coloured tissue paper and place them on top of each other. Using scissors, cut the corners a circular shape to resemble the shape of wings. Fold one of the pipe cleaners in half and place it around the two pieces of cut tissue paper. Twist together the pipe cleaner ends to hold the tissue paper in place. Then curl the pipe cleaner tips around your finger or a pencil to create antennae. Tie one end of the thread to the pipe cleaner body for a hanger.

Rubbish Talk ☆

Count up the number of rubbish bags that your family puts out for collection by the whole family. Think up ways of reducing the number of rubbish bags over the week. This can be done by recycling carrier bags, using plastic containers for lunches, buying refill items such as coffee and tea. At the end of the week, check to see if all the family's efforts have been achieved.

"Few things help an individual more than to place responsibility upon him, and to let him know that you trust him."

*Booker T.
Washington*

REMEMBER
Involve
Everyone!

Family Activities

*"Action
springs not
from thought,
but from a
readiness for
responsibility."*

Dietrich Bonhoeffer

Tree Jewellery ☆

Take a family walk to a local forest and see if you can find on the forest floor small pieces of wood that are circular or oblong in shape. Take them home and sand them down with small pieces of sandpaper. You can either paint the discs or decorate with felt tips. Why not do one for each member of the family and write on their names? You will need to make a small hole in the top of the disc to insert a shoelace, a thin strip of leather or a piece of wool.

Water Cycle Works ☆

Every human, plant and animal depends on water for survival, which is why it is important for us all to behave responsibly by conserving water whenever and wherever we can. To do this we need to understand where water comes from and discover the part water plays in supporting our ecosystems and habitats. Design and make a water cycle wheel or poster to make it easier for every member in your family to learn about the processes which make up the cycle. You will need to find out about evaporation, condensation, precipitation and transpiration. In pairs, take turns to present your water cycle wheel or poster to the rest of the family.

REMEMBER
Have Fun!

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 'Responsibility'
- 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 'Responsibility' 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...

*"We are made
wise not by
the
recollection of
our past, but
by the
responsibility
for our
future."*

George Bernard Shaw

REMEMBER
The Value!

Family Reflections

"I am only one; but still I am one. I cannot do everything, but still I can do something; I will not refuse to do something I can do."

Helen Keller

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 months 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 'Responsibility' 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, aunts, 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!

*"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!

Instructions

Safety Guidelines

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?

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.....

Which activity did your family least like and why?

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.....
.....

How has this month's value benefited your family?

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.....

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

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

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

Lee Iacocca



Family Values Scheme©

RESPONSIBILITY

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!