



Family Values Scheme[©]



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PATIENCE

What is Patience?

To show patience is to wait for something or someone without getting agitated or angry. Patience is one of the values that can be the most difficult to show each other. It takes a lot more patience to wait for a child to get themselves dressed than to do it for them. However, we must learn to show patience in the same way that the famous artist Michelangelo did when he painted the most intricate scenes lying flat on his back for hours on end. It also means not giving up when things get too difficult but having the patience to see your goals through to the end.

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 Patience?' 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 'Patience' in the centre and write down everyone's responses. Pair together any answers which are related to each other. Use a dictionary if necessary to make sure that everyone understands what it means.



Together, discuss why it's important to be patient. Make a list! Think of a situation when you've needed to be patient. How did it make you feel? What would have happened if you weren't patient? Discuss together.

*"Deliberately
seek
opportunities
for kindness,
sympathy,
and
patience."*

Evelyn Underhill

REMEMBER
The Value!

Family Gathering

*"Endurance
is the
crowning
quality, and
patience all
the passion
of great
hearts."*

*James Russell
Lowell*



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.

Be Organised ☆

This is the time to be organised! Sort through your belongings and find anything you no longer need or use. This is your chance to donate them to charity or give them to some one else who could benefit from them.

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.

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman

REMEMBER
To Help
Out!

Family Essentials

*"Everything
is out
there if
you know
how to find
it, and have
the
patience"*

Tom Holt

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

Create a Sandcastle That Lasts ☆

Why not make the best of the next sunny weekend and have a family day out at the beach and hold a family sandcastle competition? The winner gives everyone a hug and buys the ice creams! If the weather does not look hopeful why not make sandcastles in your home? This is what you have to do:

1 cup sand

$\frac{1}{2}$ cup cornflour

1 tsp alum (available in spice section of supermarket)

$\frac{3}{4}$ cup of water

Wooden spoon

Saucepan

Shells and flags and glue

Add the sand, alum and cornflour to the saucepan and stir with a wooden spoon until they are all mixed together. Add the water and mix until smooth and the cornflour is dissolved. Cook this clay-type mixture for 1-2 minutes over a medium heat until it starts to thicken. Remove from heat and leave to cool. Once cool, you can start to sculpt the clay mixture into a sandcastle or figure. Add the shells and flags for a finishing personal touch. Your sandcastle will last for a week if left in a cool place.

PATIENCE TIPS

Identify the trigger(s) that make you lose your patience.

Remind yourself that things take time.

Take one day and make patience your goal for the entire day.

REMEMBER
Involve
Everyone!

Family Activities

"Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace."

May Sarton

REMEMBER
Have Fun!

Apple Art ☆

Show your patience by doing this art activity using apples. Get the whole family involved. You will need apples, a sharp knife, paper towels, paint, tray and a large sheet of white paper. To start cut the apple in half crosswise. Dry off the inside with a paper towel. Pour a small amount of paint into the tray. Place the apple shape onto the paper and it should look like a star when lifted off. Experiment with different designs and shapes!

Button Photograph Frame ☆

This is a great activity to make a frame to show off your photographs, but you will need lots of patience to decorate it! You will need newspaper, glue, lots of buttons, a picture frame and family photograph. Place the photograph in the frame so that it fits. Lay the frame flat and arrange the buttons around the edge before glueing securely. Try to cover the whole frame with as many buttons as possible. When dry, stand the frame up and be proud!

Family Activities

Feed The Birds ☆

When you have made this birdseed dispenser you will have to be very patient to see if any birds come to eat your seeds. You will need a one litre plastic bottle, two wooden spoons, a piece of string, a small hook. To begin, make a small mark on the side of the bottle about 6cm from the bottom. Rotate the bottle 90 degrees and make another mark opposite the first one. Next, make 2 small holes opposite the markers and with sharp scissors cut out the centre of the holes and make a small slit where the 2 marks are. Altogether, you should have 2 cuts and 2 small holes. Push the wooden spoon through the hole and the slit and do the same for the other one. Take the top of the bottle and screw a small hook in the top. Now you can fill up your feeder with birdseed and hang a piece of string from the top. Find a suitable place where you will be able to sit and watch for hours!

Game of Patience ☆

Using a pack of cards, practise this old card game and test your patience. It's a great time to concentrate and see how many times you can use up all the cards.

"For anything worth having one must pay the price; and the price is always work, patience, love, self-sacrifice - no paper currency, no promises to pay, but the gold of real service."

John Burroughs

REMEMBER
Your Goals!

Family Activities

*"Gardeners
are good at
nurturing,
and they have
a great
quality of
patience,
they're
tender. They
have to be
persistent."*

Ralph Fiennes

REMEMBER
The Value!

Body Parts ☆

Draw around a member of the family on a large sheet of paper. You may have to tape a couple of sheets together to do this as the paper must fit around the person's frame. Find a book that shows you the names and parts of the body including the names of the bones. Draw and label as many parts as you can and then hang from a door!

Make a Pom Pom Scarf ☆

In the cold weather, a scarf is a good way to keep warm! This is a scarf all the family can help make as it's made of pom poms. Give each member of the family two circular cards with a small circle cut out of the centre. Using lots of coloured wool, thread the wool through the hole and around until the card is filled. Cut the wool around the edge, keeping the centre firmly in place, and tie around a piece of wool between the two cards. Pull tightly to make a pom pom. Make as many pom poms as you need for the length of the scarf and then thread them all together. You will certainly need lots of patience for this one!

Family Activities

Model Making ☆

Use junk material to make the biggest monster that you can. Paint it and decorate it and let it roar! Use old boxes, material, plastic bottles and utensils. You can assemble it outside and then take it apart. Take turns to time yourselves to see who can recreate it in the quickest time possible.

Making Seed Packets ☆

Watching something grow from a tiny seed needs a lot of patience! The easiest seeds to grow are from beans, peas, peppers, watermelons and sunflowers. Take the seeds out of whichever fruit or vegetable that you have chosen and put to one side. Make the seed packets by folding a piece of brown paper into an envelope shape. Seal the sides with tape and decorate the outside with the name of the seed and a picture before putting the seeds inside. Give them to your favourite family members and friends and watch your seeds grow!

*"Have
patience with
all things,
But, first of
all with
yourself."*

Francis de Sales

REMEMBER
Involve
Everyone!

Family Activities

"A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust."

Gertrude Jekyll

REMEMBER
Have Fun!

Family Sign ☆

Using a large piece of stiff card, make a family sign which you can hang up either outside your house or take on holiday with you to hang outside your tent or caravan. Be patient with each other when you decorate your family name on it. Be as creative as you like!

Mosaics ☆

Research pictures of mosaics on the internet or at the library. If you are keen on history, the Romans used a lot of mosaics in their homes and when they had their leisure time. Decide together a simple picture which you would like to recreate (e.g. a picture of the sun or a flower) and draw this on a piece of paper. Tear up small pieces of coloured paper from magazines and mix equal parts of water and glue together. Dip the paper in the glue and place on to the sketch, taking care not to leave any white bits. Overlap slightly and then use a brush to paste over the paper lightly with the glue paste and leave to dry.

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 'Patience'
- 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 'Patience' 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...

"You can learn many things from children. How much patience you have, for instance."

Franklin P. Jones

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 month's pack. Together, calculate how many Family Value points you have achieved and send the evidence and form to your school's Family Values Scheme Coordinator.

Family Values Motivator

Remember to keep showing the value 'Patience' 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:

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?

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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©

PATIENCE

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!