



Family Values Scheme®



HONESTY

What is Honesty?

Honesty means to be truthful. To be an honest person, you should tell the truth as well as be a fair and responsible person. Being honest means that you are trustworthy. Sometimes it can be difficult to be honest if other people don't think the same as you. To be an honest person means that you have to accept your mistakes and be able to correct them.

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 Honesty?' 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 'Honesty' 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 what honesty means to you. Make a list! How can you demonstrate honesty? What qualities do you need to be an honest person? Is it important to always be honest? Discuss together.

"Three things cannot be long hidden: the sun, the moon, and the truth."

Buddah

REMEMBER
The Value!

Family Gathering

"The truth is the only safe ground to stand on."

Elizabeth Cady Stanton



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.

List Your Day ☆

Do you have a lot of things to do in a day? Write a list of everything that needs to be done that day and tick it off when completed. This simple idea will make sure everyone knows what is happening through the day and enjoys getting to the fun activities when all other tasks have been completed.

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.

*"Do not run
from the
truth.
There be
nought so
hard to live
with as a
lie."*

Kathryn L. Nelson

REMEMBER
To Help
Out!

Family Essentials

*"Honesty is
the best
policy. If I
lose mine
honour, I
lose
myself."*

*William
Shakespeare*

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

Make an Honesty Box ☆

This is a chance to be honest about things you may not have been honest about in the past. The idea is that each member of the family writes down an honest statement on a piece of paper and posts it in the honesty box! There won't be any punishment for anything that is put in the honesty box - the point of this task is to tell the truth about something that is happening now or has happened in the past. Everyone should try hard to put something in the box. The box is then emptied and the contents discussed as a family. Keep the box over the following weeks every time someone shows an act of honesty, write it down and pop it in the box. At the end of the week, give a small treat for the person who has shown the most honesty.

Back to Basics! ☆

Vegetable painting is a great way to make some interesting pictures. Cut a potato or carrot in half and using a sharp knife to cut different shapes into the flat surfaces. Use your imagination to think of what interesting shapes you can make.

(P.T.O)

HONESTY TIPS

If someone asks you a question, try to tell the truth.

Ask friends you trust how they see you.

Be honest with yourself: is there something you'd like to change or do?

REMEMBER

Involve
Everyone!

Family Activities

*"Honesty is
the
cornerstone
of all
success,
without
which
confidence
and ability to
perform shall
cease to
exist."*

Mary Kay Ash

REMEMBER
Have Fun!

Back to Basics! (continued)

When your vegetable is ready, dip this in your paint and stamp the shapes on your paper. When you have finished your paintings, ask each other what you liked about it and why?

Truth Or Dare? ☆

This activity will show you that telling the truth can have consequences. You will need a list of questions written on pieces of paper, and a list of dares. Put the questions in one box and the list of dares in another. The questions need to be challenging so that the person answering finds it hard to answer them truthfully. For example, What would you do if you found a £5.00 note on the floor? Or What is your greatest fear? Or Who is your favourite person and why? The dares could be things like; Tell us your favourite joke or flap your arms like a chicken and say Cock a doodle do, 5 times or sing your favourite song while standing on one leg? When you are ready sit down together and ask for someone to pick one of the questions from the question box. This person has the choice of either answering the question truthfully or taking a dare! Continue with the game until all the questions are used. Discuss was it hard to answer any of the questions truthfully?

Family Activities

Secret Message Maker ☆

Have family fun writing and sending secret messages to each other. You will need: lemon juice, grapefruit juice, paper, a paintbrush, scrap paper, iron. First, decide what message you want to write and then write it down on a piece of paper using a paintbrush - try painting the message with a variety of liquids: lemon juice and grapefruit juice. Once your message is dry, try reading it by placing it between two pieces of scrap paper and then ironing it with a warm iron. Your message will appear as if by magic!

Bubble Blowing Activity ☆

Find a large jug and pour into it $\frac{1}{2}$ cup of washing-up liquid. Next add $1\frac{1}{2}$ cups of water and 2 teaspoons of sugar. Gently stir the solution until everything is mixed up. Once mixed, pour the bubble mixture into a container that can be tightly sealed. Experiment with blowing bubbles using different items! Who can make the biggest bubble?

*"The true
measure
of life is
not length,
but
honesty."*

John Lyly

REMEMBER
Your Goals!

Family Activities

*"You never
find
yourself
until you
face the
truth."*

Pearl Bailey

Show Your Fingerprints ☆

For this activity you will need the following items: a small mirror, a pencil, sandpaper, tape, white paper. Ask each member of the family to press their fingertip on the mirror. Cover the print with pencil dust by rubbing the tip of the pencil with sandpaper and blowing the pencil lead gently on to the fingerprint. Gently blow off any excess dust! Carefully stick a strip of tape to the print and peel slowly off. Stick the tape to a piece of plain white paper. Write down the name of the person underneath so that you have a record of whose print it is.

Honesty Pledge ☆

Discuss as a family the following questions: What is honesty? Why is it important to be honest? What are the consequences of dishonesty? How does it make you feel when you don't tell the truth? Is there ever a time when 'honesty is not the best policy'? Write together an honesty pledge! This is a real commitment from everyone to be truthful in words and actions all of the time. Once it is written ask everyone to sign the pledge and display in the house for all to see.

REMEMBER
The Value!

Family Activities

Who Dunnit? ☆

This is a role-play activity for all the family. Divide into pairs and imagine that someone has committed a crime. You have to write down the crime on a piece of paper. Think about what evidence you will need to support the case as if it was going to court. Are there any witnesses? Put the crimes into a box and choose one at a time. One person role-plays the incident and the rest of the family have to decide whether that person has done it or not? Promise to tell the truth, the whole truth and nothing but the truth!

Honest or Dishonest? ☆

A consequence game is a good way to teach everyone honesty. Make pairs of small cards, labeling one card in each pair 'Honest' and the other card 'Dishonest'. Give a pair of cards to each member of the family. Tell each other a story of an everyday situation that you may come across which might put you into the position of making a choice about whether something is honest or dishonest. When you have finished the story, ask everyone in turn to show their cards. Discuss the response. Discuss fairness and whether the right choice has been made.

*"Honesty
is the
first
chapter of
the book
of
wisdom."*

*Thomas
Jefferson*

REMEMBER
Involve
Everyone!

Family Activities

"Pretty much all the honest truth telling in the world is done by children."

Oliver Wendell

Call My Bluff ☆

This is a replica of the television programme Call My Bluff. Choose three family members to be the panel. The rest of the family are the audience. The three members of the panel have to give three different definitions of the same word which is written clearly on a piece of paper or card. One of the definitions is the correct meaning whilst the other two are made-up meanings. The panel take it in turns to say the word and the meaning. When all three members of the panel have finished, the rest of the family have to decide who is telling the truth.

Tall Story ☆

One member of the family is chosen to retell a story from a family event such as the last family holiday or birthday party. When the story is retold, the person telling it adds five untruths to the story. The rest of the family have to write down the five untruths. The winner is the person who can remember all of them. The aim of this story is to understand that it is very easy to exaggerate when things happen! The real truth is then distorted!

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 'Honesty'
- 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 'Honesty' 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...

*"Truth is
the most
valuable
thing we
have, so I
try to
conserve
it."*

REMEMBER
The Value!

Family Reflections

*"If you tell
the truth
you don't
have to
remember
anything."*

Mark Twain

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 'Honesty' within your family today and every day!

REMEMBER
Your family
S.T.A.R!

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!

*"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?

.....

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©

HONESTY

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!