



Family Values Scheme®



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TOLERANCE

What is Tolerance?

Showing tolerance towards another person when that person's beliefs differ from your own can be difficult. The values of patience and cooperation need to be practised if the other person is to feel valued. If conflict arises, then the person causing the conflict is not being fair and just in their actions. Work hard this month to be tolerant of others and make the time to listen to people's points of view with honesty and fairness!

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. 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?

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.

"In the practice of tolerance, one's enemy is the best teacher."

Dalai Lama

Read together the 'What is Tolerance?' section on the front page of the pack and discuss what this value means to you as a family. When you have completed the 'Family Gathering' activities, paper, write the value 'Tolerance' 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 how all family members can be tolerant to one another. Make a list! What qualities do you need to be a tolerant person? Think of a time when someone was very tolerant towards you? What did they do? How did it make you feel? Discuss together.

REMEMBER
The Value!

Family Gathering

*"Acceptance
and tolerance
and
forgiveness,
those are
life-altering
lessons."*

Jessica Lange

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.

Sleep! Sleep! Sleep! ☆

Is it hard to get out of bed in the morning? Are you yawning by lunchtime? Making sure you have enough sleep will not only make you feel more energetic, but it is also an important part of looking after your body. So go to bed on time to make sure you have plenty of sleep!

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.

Family Meals ☆

Plan to eat a family meal together. 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.

Lets Clean-Up ☆

Housework is never a chore if you make it fun. Make a list of all the housework you need to do each week and divide it up between family members. Hoovering, washing, ironing, cleaning the morning? Are you yawning home!

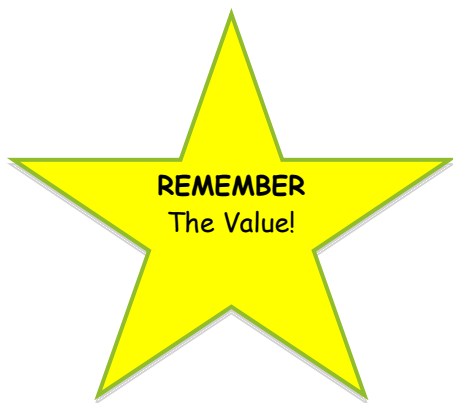
Family Learning ☆

Is completing homework a chore? Can you find out something new? Can you research on the internet? Completing homework can be fun! How can you achieve this? Plan and prepare the night before to make your mornings go with a swing!

"It is thus tolerance that is the source of peace, and intolerance that is the source of disorder and squabbling."

REMEMBER

To Help
Out!



Family Activities

Learn a New Skill or Trick ☆

It could be learning to juggle, a new trick on your bike or even a card trick. By learning something new, you will have to show tolerance and patience when practicing until you have perfected your skill. At the end of the month show your new skill to your family members.

A Back Drawing ☆

Take it in turns to draw something on a family member's back. You will need to be patient when they are drawing on your back and try to concentrate to guess what is being drawn on your back.

Draw Upside Down ☆

Drawing with a twist - draw a picture upside down. This will be tricky, so you will need to be tolerant as you get used to doing this. You can copy a picture or think of something you'd like to draw upside down. Keep practicing and see what interesting pictures you come up with. Items required: paper and pens.

TOLERANCE TIPS

Try to understand the other person's point of view.

Treat other people the way you'd like to be treated.

Make friends with someone living in your street.

REMEMBER
Involve
Everyone!

Family Activities

*"Tolerance
is the oil
which
takes the
friction
out of
life."*

*Wilbert E.
Scheer*

REMEMBER
Have Fun!

Bullseye ☆

In your back garden or local park, make your own target - this could be a bucket or bowl. Each person has five throws to try to throw their ball into the target. Everyone else must be tolerant to wait until it is their turn. Items required: bucket or similar, tennis balls.

Tolerance Diary ☆

When someone does something to upset you or make you angry, write it in the tolerance diary. This will give everyone the chance to talk about their feelings and will help you to become more tolerant of others, even when they do something you do not like. Items required: an empty diary and pens.

Doughnut Eating ☆

Can you eat a sugared doughnut and not lick your lips? This is tricky, but if you try hard, you will be able to tolerate the sugar on your lips and when you've eaten the donut you'll enjoy licking your lips. Get eating!

Family Activities

Blow Paintings ☆

Add a small amount of water to paint and then put a few drops of water on to your paper. Blow the paint around the paper with your straw. Each picture you make will be different and unique - just like every person is special and unique. Items required: paint, paper, straws, water.

Leaf Painting ☆

Collect a selection of different leaves. Prepare paint on a pallet and dip your leaf into the paint. Press the leaf, paint side down, on to the paper. Do this with as many leaves as you have collected. Remove the leaves from the picture and look at how very different the prints are - even though they are all leaves, all the prints are different. This is what tolerance is all about - even if the leaves came from the same tree the print was different. Items required: leaves, paper and paints.

*"Tolerance
is giving to
every other
human being
every right
that you
claim for
yourself."*

Robert G. Ingersoll

REMEMBER
Your Goals!

Family Activities

"In the practice of tolerance, one's enemy is the best teacher."

Dalai Lama

REMEMBER
The Value!

You Are Unique ☆

What makes each person unique? On a large piece of paper, write down everything you can think of that makes people different - you could think about different nationalities, different religions and even different personalities. Is everyone the same? Should difference be celebrated? Learn about what makes us different - ask questions. Items required: large piece of paper, pens.

Papier-Mâché Masks ☆

Celebrate your family members' differences by making masks of each other. Cut out an oval shape from a cereal box. Cut out holes for the eyes, nose and mouth. Tear strips of old newspaper and stick them on to your mask with a glue and water mixture, (remember to leave the holes for the eyes, nose and mouth). Once this has dried, apply another layer of papier mâché. When dry, paint each other's faces the masks. Each person is an individual and special in their own way - show your tolerance of your family by displaying everyone's differences on your masks. Items required: newspaper, PVA glue, paints, scissors, cereal box.

Family Activities

Make a Cake ☆

Follow the link below to see the recipe and make your cake. You must be patient and follow the instructions, and then wait for the cake to bake in the oven. Once it has cooled, decorate it to represent the tolerance value. Most importantly, enjoy sharing your cake with your family and friends.

www.bbc.co.uk/food/recipes/victoriasponge_13555

Handprints ☆

Paint a very thin layer of paint over the palm of your hand. Place this on a piece of paper to make a handprint. Compare your handprint with those of other members of the family. Are there any similarities? Are there any differences? Celebrate the things that make your handprint different. Items required: paint, paper, your hands.

"The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority."

Ralph W. Sockman

REMEMBER
Involve
Everyone!

Family Reflections

*"Judge me
all you want,
just keep
the verdict
to yourself."*

*From a Winston
advertisement*

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 'Tolerance'
- 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 'Tolerance' 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...

REMEMBER
The Value!

Family Reflections

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 school's Family Values Scheme Coordinator.

Family Values Motivator

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

"Our thoughts are unseen hands shaping the people we meet.

Whatever we truly think them to be, that's what they'll become for

us."

REMEMBER
Have Fun!

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

Eva Burrows

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.

REMEMBER

Your
Evidence!

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.

*"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!

S.T.A.R. Family Evaluation

Stop - Think - And - Reflect

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

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:
Name:
Goal:

Name:
Goal:

Name:
Goal:

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

Which was your family's favourite activity and why?

Name:
Goal:

Name:
Goal:

Our Family Goal

Which activity did your family least like and why?

How has this month's value benefited your family?

Name:
Goal:

Name:
Goal:

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

Name:
Goal:

Name:
Goal:

Name:
Goal:

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

Lee Iacocca



Family Values Scheme©

TOLERANCE

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!