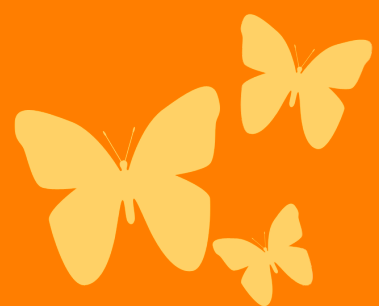




Family Values Scheme®



Inside

Family Gathering

Family Essentials

Family Activities

Family Reflections

Instructions

Resources



UNDERSTANDING

What is Understanding?

To know how another person is feeling without judging them requires you to understand their state of mind. It is important that we show sympathy and comprehend what that person is showing or telling us. Understanding one another is the right road for creating harmony within the family group. To do this we need to make decisions together and recognise that everyone has a different personality. Show your understanding of others this month - they will really appreciate a listening ear!

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 Understanding?' 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 'Understanding' 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 how each family member can be understanding to one another. Make a list! What qualities do you need to be an understanding person? How does it feel when someone understands you? Discuss together.

"Everything that irritates us about others can lead us to an understanding of ourselves."

Carl Gustav Jung

REMEMBER
The Value!

Family Gathering

"A friend is someone who understands your past, believes in your future, and accepts you just the way you are."

Anonymous



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 find and 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.

*"Tell me and
I'll forget;
show me and
I may
remember;
involve me
and I'll
understand."*

Chinese Proverb

REMEMBER
To Help
Out!

Family Essentials

"Any fool can criticize, condemn, and complain but it takes character and self control to be understanding and forgiving."

Dale Carnegie

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 Picture of Understanding ☆

Draw what understanding means to you - for example, if you think you should be a good listener, then draw BIG ears. Once your pictures are complete, show and explain them to your family members. Place them where they can be seen as a reminder for the whole month.

Fairy Cakes ☆

What happens to ingredients when you cook food? Why do cakes rise when you put them in the oven? Follow the recipe below to make fairy cakes and think about what happens to the ingredients. Once you've baked your cakes, enjoy sharing them with friends and family.

www.bbc.co.uk/food/recipes/fairycakes_93711

Balloon Marathon ☆

With a large balloon play "keepie uppies" with the balloon. Using your hands try to keep the balloon from falling to the floor. You can make this game more complicated by playing with two items. Everyone must be understanding to make sure everyone in the family can join in with the game whilst ensuring the balloon doesn't land on the floor.

UNDERSTANDING TIPS

Take time and listen when someone has a problem.

Praise and reward when you notice someone really making an effort to achieve something.

Surprise someone by helping them out - for example, if they are tired, make them a drink.

REMEMBER
Involve
Everyone!

Family Activities

*"To
understand
the heart and
mind of a
person, look
not at what he
has already
achieved, but
at what he
aspires to."*

Kahill Gibran

REMEMBER
Have Fun!

Short Story ☆

Make up a very short story - no more than 4 sentences long then ask questions about the story. An example could be Ethan and his mum went to the park. Ethan met his friend James at the park. Ethan and James played on the swings. On the way home Ethan's mum bought him an ice-lolly. You could ask - what did Ethan's mum buy on the way home? Where did Ethan and his mum go? Who did Ethan meet at the park? Get writing your stories and see who is the best listener in the family.

Mobile Phone ☆

Make your own mobile phone. You will need two plastic cups and a long piece of string. Make a small hole in the bottom of each cup and tie the string through the hole. Pull the string tight and one person speak a secret message through the "phone" - can you understand the secret code? Everyone should have a turn of giving and receiving the message. Items required - two plastic cups, piece of string, scissors.

Silent TV ☆

Select a TV programme but turn the volume off. Take turns at making up

P.T.O

Family Activities

Silent TV (continued)

with you think the characters may be saying.

Secret Messages ☆

You will need: half a lemon, water, bowl, spoon, cotton bud, sheet of paper, lamp. Squeeze the lemon juice into the bowl and add the water. Mix together with the spoon. Dip the cotton bud into the water and write a secret message onto your paper. When the liquid dries, your message will become invisible. To read your message, hold your paper over a lamp and the heat will turn your words brown in colour.

Untie a Knot ☆

Make a large knot in a thick piece of string or rope. As a family, try to work together to untie the knot. You'll need a lot of understanding to be able to complete this activity.

20 Questions ☆

Think of an item or object. Other family members can ask you 20 questions to try to guess what your item is. You can only answer yes or no to the questions. Who will guess first? Make sure everyone has a turn at thinking of an item.

"There is a great difference between knowing and understanding: you can know a lot about something and not really understand it."

Charles F. Kettering

REMEMBER
Your Goals!

Family Activities

*"If you want
to truly
understand
something,
try to
change it."*

Kurt Lewin

Charades ☆

This is an old game but one the whole family can enjoy. Think of a TV show, film or book. Without speaking, try to act out the name so your family members can guess what you're trying to play out to them. Everyone must take a turn at acting out for the rest of your family.

A Listening Walk ☆

Take a walk in your local area. Point out all the different sounds you hear along the way. It could be cars passing, people talking or birds chirping. Open your ears and listen for as many different noises as you can.

Guess the Animal ☆

Each family member takes it in turns to describe a different animal - without using any words! Use your imagination to think of different ways you can describe your animal - you could use items around you, your hands and body or anything else you have around you - as long as you don't speak a word! Who will guess your animal first?

REMEMBER
The Value!

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 'Understanding'
- 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 'Understanding' 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...

*"If you don't
understand
yourself you
don't
understand
anybody else."*

Nikki Giovanni

REMEMBER
The Value!

Family Reflections

"You never really understand a person until you consider things from his point of view."

Harper Lee

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 'Understanding' 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©

UNDERSTANDING

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!