



Family Values Scheme[©]



COOPERATION

What is Cooperation?

This month we are going to concentrate on co-operating with each other. When there are lots of family members we need to demonstrate this value more readily. If we are co-operating well it should be without effort! Remember that you are all working towards the same goal, to achieve happiness and harmony in your family. Co-operate with each other by listening to each others' points of view without making unfair judgements and you will reach your goal!

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 BehaviourStop.co.uk Forum



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Family Gathering

Get started this month by holding a family meeting with as many family members that 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 3 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, 'What is Cooperation?' 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 'Cooperation' 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 members of your family cooperate everyday. Make a list! What are the benefits of cooperation? What qualities do you need to be a cooperative person? Discuss together.

"Share our similarities, celebrate our differences."

Scott Peck

REMEMBER
The Value!

Family Gathering

*"Now join
your
hands, and
with your
hands your
hearts."*

*William
Shakespeare*



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 which will help 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 Hobbies ☆

Finding time to do something that you enjoy doing is never easy especially on the weekend. Why not try a new hobby or do something that the whole family can do, a family hobby! This could be taking the family swimming, walking, cycling, supporting a local football or sport team.

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 set your clock forward by 10 minutes, this is a great trick that really works.

*"It
takes
two
wings to
fly."*

Eric Schaub

REMEMBER
To Help
Out!

Family Essentials

*"We are
all
dependent
on one
another,
every soul
of us on
earth."*

*George Bernard
Shaw*

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 them up between all your family. Dusting, hoovering, washing, ironing, cleaning is 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

Human Knot ☆

Can you co-operate as a family to solve the human knot problem? Everyone stands in a circle and holds hands with someone else in the circle. However, you cannot hold hands with either person standing directly beside you. Then, without letting go, everyone must climb, bend, twist and turn to untangle the circle. To heat things up, add blindfolds to one or two family members. This works best with 8 members of the family.

Cereal Box City ☆

Save and collect over a few weeks all your empty boxes and cartons e.g cereal boxes. You will also need tape and a large space or you could even use the garden. Work together to build a giant city using the cartons and boxes. Add in small toys such as cars and people. Paint the boxes and label with signs such as the names of streets etc.

COOPERATION TIPS

Acknowledge the importance of others.

Show enthusiasm and energy.

Encourage others by asking questions rather than giving orders.

Show sincere gratitude.

REMEMBER
Involve
Everyone!

Family Activities

*"He that
does good
to another
does good
also to
himself."*

Lucius Seneca

A-Mazing ☆

Create a 10 x 10 grid on the floor using masking tape. This can be done either inside or outside. If space is restricted use a 5 x 5 grid. Identify a square to start with an S using the tape. Each square must be big enough for a person to stand in. Choose a leader who draws a 10 x 10 grid on a piece of paper and in secret colours in a pathway which they have to follow. The path can go left, right, forward or diagonally only. The aim is to get every member of the family through the maze following the correct path the leader has chosen. Only one family member may enter the maze at any time and they test each square to discover the right path. After each move the leader tells them if they are standing on the right square or if they have not. If they have stood on a correct square they can continue. However, if they stand on the wrong square they have to return to the beginning and the next family member must start. They cannot begin again until the other family members have had their go.

REMEMBER
Have Fun!

Family Activities

Family Treasure Hunt ☆

Divide your family into 2 teams, with both teams writing their own clues indoor and outdoor. You will need small slips of paper and pen and a star prize for the winner. When all the clues have been written, one team starts by hiding all their clues indoors and outdoors. The second team plays the game first and working as a team solves the clues and finds the treasure. When they have finished the other team have their go!

Who, Who? ☆

Find pictures of when members of your family where babies. Also, cut out from magazines or print from the internet baby pictures of your favourite celebrities or sport personalities. Each member of the family has to find 3 baby pictures and this has to be done in secret! Put all the pictures into a box and taking it in turns pick out a picture and try and guess who it is. One point for each correct answer. The person who has the most points gets a special treat!

*"Cooperation
is the
thorough
conviction
that nobody
can get there
unless
everybody
gets there."*

Virginia Burden

REMEMBER
Your Goals!

Family Activities

"Power consists in one's capacity to link his will with the purpose of others, to lead by reason and a gift of cooperation."

Woodrow Wilson

REMEMBER
The Value!

Family Timeline ☆

This is a great activity for if its raining and you are stuck indoors. Get yourselves a pad of post it notes or if not small squares of paper and some sellotape. On the notes, write down facts about your family. One fact per post it note! Facts could be birthdays, anniversaries, events, christening or weddings. Find a long length of wall in a room and working together put the facts in order. If you finish why not try it again within a time limit!

Wizards, Giants and Goblins ☆

This activity is very similar to the scissors, rock and paper game. Each person is either a wizard, giant or goblin. One person counts 1,2,3... and each person must decide whether they are a wizard, giant or goblin. A wizard says ABRACADABRA! A Giant stands with their legs apart and stands tall. A Goblin crouches down on all fours. Remember: A Giant beats a Goblin, Wizards beat Giants and a Goblin beats a Wizard.

Family Activities

All Aboard ☆

Take a large blanket or bed sheet and spread it on the floor. Take your shoes off and all stand on the blanket or sheet. Easy! Now, all stand off and fold the sheet in half. How many can stand on it now? When this is done all stand off and fold the sheet in half again and repeat until you have the smallest square possible. Can you still get the same number of family members standing on the small square? You have to really co-operate with each other on this one to achieve the goal! B

Jelly Bean Hunt ☆

Buy a large bag of coloured jelly beans or jelly babies and write down all the colours in the bag. Give each member of the family a different colour and a small bag. Spread all the jelly beans or babies onto a grassy area outside and when someone says go everyone has to collect their colour bean or baby. The winner is the one who can collect the most within a given amount of time.

*"Everything
in the world
we want to
do or get
done, we
must do with
and through
people."*

Earl Nightingale

REMEMBER
Involve
Everyone!

Family Activities

"People have been known to achieve more as a result of working with others than against them."

Dr. Allan Fromme

Button, Button, Who's Got The Button? ☆

You will need a button for this activity. Choose someone from the family to be the leader while everyone else sits in a circle. The person who is the leader closes their eyes. The button is passed along the circle until a piece of music stops or you could use a buzzer. The person who is the leader opens their eyes and the rest of the family say, " Button, button, who 's got the button?" at the same time that the person who is holding it hides it in their hands. The person who is the leader guesses who has the button. The aim of the game is that sometimes a member of the family may not quite tell the truth when they have the button and their name is called. This is a time for everyone to discuss how not telling the truth makes you feel.

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 'Cooperation'
- 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 'Cooperation' 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...

*"Alone we
can do so
little.
Together
we can do
so much."*

Helen Keller

REMEMBER
The Value!

Family Reflections

"It is literally true that you can succeed best and quickest by helping others to succeed."

Napoleon Hill

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.

The Family Values trophy can be purchased from BehaviourStop.co.uk

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 into your schools Family Values Scheme Co-ordinator.

Family Values Motivator

Remember to keep showing the value 'Cooperation' within your family today and everyday!

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 so invite mum(s) and dad(s), brother and sisters, grandparents, uncles, aunties, cousins, god-parents, close family friends, support workers.

Step 3

Gather your evidence for each activities and display it in your 'Family Value Logbook'. Your evidence can include for example, photos, videos, tickets, pictures, written accounts etc

Step 4


Complete the S.T.A.R family evaluation form to qualify and hand it in to the Family Value Scheme Co-ordinator at your school/organisation/children's centre.

Step 5

Tell us about your success stories on the BehaviourStop.co.uk Forum or email us on info@behaviourstop.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 who 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 i.e. 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.

Disclaimer

Behaviour Stop Ltd is not responsible or liable directly or indirectly for any damages made 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:



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 Co-ordinator.

Family name:

Registered email address:

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

What was your family's favourite activity and why?
.....
.....

What 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'?
.....
.....
.....
.....
.....
.....
.....

Thank you for completing the S.T.A.R self-evaluation

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

Lee Iacocca



Family Values Scheme©

COOPERATION

Well Done!

Remember to complete the S.T.A.R family evaluation form to qualify and hand it in to the Family Value Scheme Co-ordinator 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 BehaviourStop.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 etc log on to BehaviourStop.co.uk and go to our online shop.

Remember to get next month's Family Values pack!