

RULES

STEP 1: MAKE THE LIST

ASK YOUR KIDS TO THINK OF RULES THEY FOLLOW IN DIFFERENT PARTS OF LIFE AT HOME.

- KITCHEN
- BEDROOM/ BEDTIME
- RIGHT WHEN YOU GET HOME FROM SCHOOL

STEP 2: WRITE DOWN EXAMPLES

HAVE THEM COME UP WITH SIMPLE RULES.

- KITCHEN: DON'T TOUCH THE STOVE, PUT YOUR DISHES IN THE SINK
- BEDROOM: NO JUMPING ON THE BED, PUT DIRTY CLOTHES IN THE HAMPER
- CAR: WEAR A SEATBELT, NO YELLING

STEP 3: SORT INTO TWO CATEGORIES

NOW HAVE THEM SPLIT EACH RULE INTO ONE OF THE TWO CATEGORIES:

- RULES THAT KEEP YOU SAFE
- RULES THAT KEEP THINGS RUNNING SMOOTH

STEP 4: REFLECT TOGETHER

AFTER SORTING, ASK:

WHY DO YOU THINK THAT RULE WAS PUT INTO PLACE?

WOULD LIFE FEEL SAFE WITHOUT THAT RULE?

WOULD THINGS RUN SMOOTH WITHOUT THAT RULE?



RULES



KITCHEN



BEDROOM



AFTER SCHOOL



MORNING



BEDTIME



CAR

