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Daily Structure and Clear Expectations

FOR AGES 4-7

TEACHING GUIDE

INTRODUCTION

Lessons in Chapter 2 will cover Family Laws, or the rules and expectations that guide everything a family does. This helps children learn how to behave and make life more predictable so they can thrive and achieve their goals.

Daily structure and expectations set limits and boundaries for children. As a result, children will know what to expect on a daily basis.

In general, these rules are simple enough to learn so that children can remember them and be held accountable from a young age.

By using these laws, you can develop structure on a daily basis, while integrating your family values at the same time..

LET'S WATCH

Children can learn about rules and what is expected of them by watching the following videos.

There are also several examples of rules, as well as discussions regarding their importance.

Children will reflect on their lives and how specific rules and expectations can help them.

Small Talk | Rules | CBC Kids

<https://www.youtube.com/watch?v=mvpudPoOQdI>

Family Rules and Behavior Chart

<https://www.youtube.com/watch?v=xu0RGn6I3ao>



GOALS

- Define structure.
- Explain clear expectations.
- Discuss importance of structure and clear expectations now and in the future.

ESSENTIAL QUESTIONS

- How does daily structure help reach your goals?
- What are clear expectations?
- What are the benefits of having clear expectations?

TIME

- 45-60 minutes

VOCABULARY

- behavior
- chart
- communication
- expectations
- goals
- laws
- responsible
- rules
- structure
- values

ACTIVITIES

- "Family Laws"
- "My Personal Rules"



LET'S TALK

Following the videos, discuss with children that Family Rules or Laws:

- help everyone understand what behaviors are acceptable and which are not.
- clear any confusions about what happens when someone breaks a Family Law.
- help everyone practice positive behaviors needed as adults.



LET'S DO

Explain to children the importance of completing the "Family Laws" activity to understand the different values that make up each law.

After that, children will brainstorm ideas to identify their own personal rules and list them in "My Personal Rules" activity.

These activities will later be instrumental in helping to create the family's official laws.

CLOSURE

Share that rules help create the structure by which the family will behave. Family laws are about keeping everyone safe and happy. The laws reflect the love and concern that each family member has for each other.

FAMILY LAWS



Directions: what do each of these laws mean to you?

LAWS

PURPOSE

PEACE →

ASKING →

ORDER →

RESPECT →

OBEDIENCE →



MY PERSONAL RULES

Directions: Write down or draw some rules that are important to you.

Rule 1:



Rule 2:

Rule 3:



Rule 4: