



A time to come together to listen to one another and agree plans for the following week.

- **Choose a calm time to come together and include everyone in the family.**
Encourage all children to join in, explaining there will be rewards when family agreements are accomplished.

- **Talk about how you all feel at the moment**
Let each family member share their feelings, encourage children to use their feeling words by modelling them yourselves. ('I feel overwhelmed when the house is noisy'). Help younger children with their feeling words by suggesting a few or by reminding them of a time when they felt happy or sad. (See emotion picture cards below). You may choose to hold a ball or other object while speaking and encourage others to listen.

- **What's working well in the family / What's not working so well in the family**
Let each person express what they think is working well, what they are enjoying and for younger children help them express what makes them feel comfortable or happy. Do the same for what is not working well and causing uncomfortable feelings. It might help to jot these down on paper as a record for everyone to see.

- **Family Agreements for the week ahead**
Using everyone's ideas, come up with a FEW Family Agreements for the following week. Keeping them simple and specific to help you all feel comfortable and positive for the week ahead. As parents make sure the agreements are simple, clear and achievable for everybody.

- **Family Agreements Award**
Discuss and decide together a simple and fun reward for the family to do together for the end of the week when you have helped each other achieve your goals!

Throughout the week encourage and praise one another for sticking to the agreements. Give more praise when children or adults are finding it difficult.

Make this time fun and light-hearted – GOOD LUCK!



How Do You Feel Today?



Happy



Sad



Angry



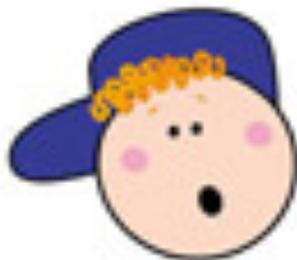
Scared



Silly



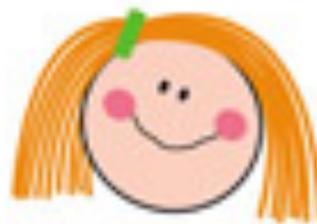
Excited



Surprised



Shy



Embarrassed