

CHAMPIONEERS!

FAMILY NIGHT ADVENTURES!

FAMILY RULES



The 7 Rules for Happy, Healthy Homes!

By Deanna Rhinehart



FAMILY RULES

FAMILY NIGHT ADVENTURES!

Your family is
AMAZING!

Family Rules is one of my all time favorite Family Night Adventures! It contains the basic tools you need to lay the foundation for your happy, healthy home.

Every family is unique with each member holding a very special roll within it. Family Rules help members discover how AWESOME their family truly is while learning how to cherish each other as the priceless gift they are.

In this special evening you'll celebrate your family while discussing family rules to take care of each other's things as well as each other's hearts.

I'll share with you some of our family rules as an example to get you going. You might want to use them in your home. They've served us well and are still used to this day, even with our adult children.

Enjoy your Family Night Adventure, and remember - this is just a launching pad for family discussions. You are the superhero your child is waiting to learn from.

More adventures await you at:

www.FamilyNightAdventures.com

WHAT
I love most
about my
HOME
is who I
SHARE
it with

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IT'S TIME FOR FAMILY RULES

Are you ready to end the chaos in your home? Imagine, no more fighting, no more talking back, and no more disrespect! It's a dream come true!!!

You know I'm kidding, right?

As long as the sun shines, siblings will have their squabbles but, I'm not joking when I tell you there is hope! Family Rules helps you establish a home of honor, respect, and peace. It doesn't happen overnight, but these tools work when used consistently and diligently. It's a process so enjoy this Family Night Adventure as we cover just one of the many tools available to take back your home.

Here are some of the things we'll cover in this adventure.

- ◆ You'll celebrate your special family while learning how to respect each other's things and each other's hearts!
- ◆ You'll dream together and discover what makes your family uniquely awesome!
- ◆ You'll create your Family Rules!
- ◆ Enjoy "Family Rules" Activities!

BEST FAMILY EVER!

This AWESOME Family Night Adventure is my heart-felt gift to help you build your happy, healthy home. Your children are never too young or too old to have family nights, just modify to fit your needs. Enjoy!

- Deanna





PARENT PREP

THE BEST FAMILY EVER!

FAMILY RULES!

Family Night Adventures puts you in the drivers seat as you discuss the lessons with your family through your unique values and belief systems. Your children are exposed to many different view points at their school and may have questions on the differences. This is the perfect time to share why your family believes as you do while honoring others who see things differently. It's not the differences that divides a family or a culture, it's when we forget how much more we have in common and the incredible value of every individual regardless of our differences.

Parent Note: In order for you to get the most out of this tool, I need to provide some emotional ground rules. Family values are deeply personal and in our modern culture vary dramatically from family to family, but we all have several things in common, the biggest and most important is our love for our children. In addition there are essential

non-negotiable elements wired into our very survival DNA that are required for emotional safety... so that's where we unite regardless of all other factors. It is critical to note that if you do not search for the commonness within your individualism, you will create an environment of isolation and divide for your children. It starts with honor.

Here is how you can help your family learn honor during your Family Night Adventures!

1. No judgements or criticisms.
2. Ask open ended questions that require more than a yes or no answer to get your children thinking about why they feel the way they do.
3. Allow everyone to share equally.
4. There are no right or wrong answers when it comes to feelings. Feelings are what they are, but even the hardest questions and topics brought up during sharing time provide insights into your amazing family and an opportunity to build trust and communication. Note: children who learn they can share with you during fun family times are more likely to share when real-life issues come up, so this is an absolutely priceless platform.

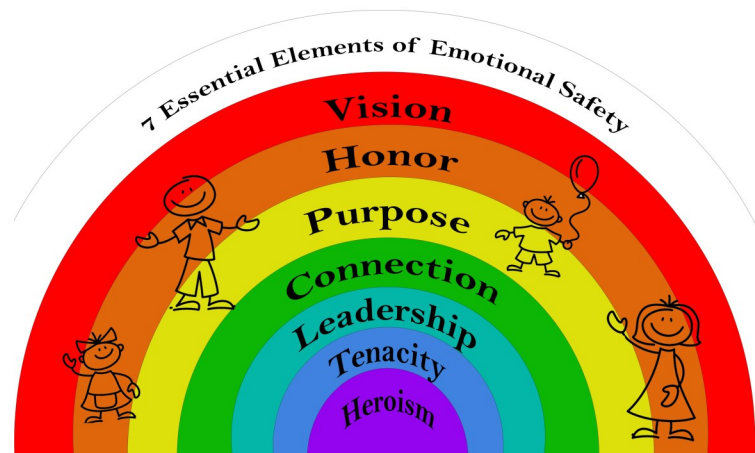
FAMILY BY DESIGN

Your family is a very special and sacred place, but it's also one of the most emotionally vulnerable. Family Rules is a way to help us remember how to take care of each other's things, spaces, and more importantly, each other's hearts. Happy, healthy families don't just happen. They are designed, developed, and maintained.



There are seven essential elements you need to create a culture of emotional safety in your home.

1. A Culture of Vision
2. A Culture of Honor
3. A Culture of Purpose
4. A Culture of Belonging
5. A culture of Leadership
6. A Culture of Tenacity
7. A Culture of Heroism



Each of these items are addressed in the parent training course you received with your initial FREE Family night. If you have not taken advantage of these valuable resources yet, you can get them by clicking [here](#). These essential elements will be the outline of your family Rules.



Take a moment to consider how each of these essential elements could be incorporated into your home. It's important you think through these items before you pose discussion questions with your children. You will be leading your family through a process of discovery but you need some time to marinate on this information first to lead the narrative. Otherwise your children might impose rules that include Unlimited Candy For All, instead of rules they really need. You are the project manager, your children are the decorators.

A CULTURE OF VISION

Children are more likely to succumb to peer pressure if they do not have a strong sense of who they are and where they are going. Children who learn to dream develop an internal map that helps release them from the pressure to fit within the status quo. Teach children to dream; it answers the question "Who am I?"

A CULTURE OF HONOR

Children who are taught to honor others through words and conduct develop an awareness for those around them and a core belief system of human value and equality. These children are far less likely to ostracize others and more likely to embrace diversity based on intrinsic worth. Teach children to honor others; it answers the question, "Who are you?"

A CULTURE OF PURPOSE

Children who develop their interests and talents gain a stronger sense of purpose and appreciation of their unique identity. When children like who they are, they are far less likely to conform to the crowd. When you expose children to their interests you help them answer the question, "Why am I here?"

A CULTURE OF CONNECTION

Belonging, at home and with peers, is one of the greatest psychological needs of humans, causing kids to do almost anything to "fit in." Children who connect with small interest groups are more likely to find their niche through common interests rather than popularity-driven clicks. Connection helps children answer the questions, "Where am I going and who am I going with?"

A CULTURE OF LEADERSHIP

Children who take ownership for their decisions develop self-confidence, self-governance, initiative, and stewardship. When these qualities are used for the service of others, children find significance and are far more likely to empower each other to succeed. Chores help your children learn the answer to "How do I get there?"

A CULTURE OF TENACITY

Children who learn to embrace disappointments and failures as stepping stones to success, are far more likely to stay the course and accomplish their goals. Develop "World Changers" through a culture of tenacity, determination, and innovation. This critical step in emotional safety empowers children to answer the question, "Do I have what it takes?"

A CULTURE OF HEROISM

Children who are taught their worth based on who they are rather than on what they do, develop an internal compass that is not easily compromised. Peer pressure has little ability to persuade them to participate in activities that do not align with their compass of truth. Children who are nurtured who can easily answer the question, "Am I good enough?"

BEFORE THE ADVENTURE BEGINS

Children LOVE anticipation and will match your excitement so make a really big deal out of Family Night and an even bigger deal out of preparing for it. Children learn by “feeling” so expressing your excitement tells your children how valued they are. Talk about it for days before it happens. Make a count down calendar. Tape announcements on the doors or bathroom mirrors. Place an invitation on their pillows and pull your children into the adventure by giving them preparation jobs. All these things provide the feelings of significance, belonging, leadership and ownership. The important thing is to have as much fun preparing as you do during Family Night!

PREPARATION: OPERATION-BEST FAMILY EVER!

- ◆ Set the atmosphere of your home with candles, a cozy fire, and music. Be chill or go over the top, but do something that tells your entire family this is your special night together.
- ◆ Since you are celebrating your family you can theme your evening with something that includes the interests of all family members. Are you a sports family? Outdoorsy? Dancers? Farmers? Animal lovers? It might be one overall theme or many little ones. Just include something for everyone to validate their importance.
- ◆ Prep for dinner or take out, or if you prefer to make dinner as part of your official family night activities have all the ingredients gathered.
- ◆ Set out the ingredients for your family’s favorite “gathering” beverage such as hot cocoa, specialty coffee for adults or one of the recipes provided.
- ◆ Set out items needed for the game and activity so everything is ready in advance.
- ◆ Gather cell phones in a basket, to be turned off until the end of your Family Night.
- ◆ Have tons of fun while you are preparing and build into it your eager anticipation for your family’s special night!!!

**HALF THE FUN IS
THE ANTICIPATION!**



FAMILY NIGHT STEP-BY-STEP

1. AGENDA

Kids thrive when they have structured schedules with surprises built into them. Print off the Family Rules Agenda and place it somewhere visible so your children know what to expect next.

2. COUNT DOWN

Set a 25-minute pre-start timer during prep time so your children can transition from an energy burning activity, such as prep, to a quieter activity in your gathering place.

3. GATHER YOUR TEAM

Call the crew once and play an official Family Night theme song (or just crank the music). Just like musical chairs, children will see this as a game to have their FNA (Family Night Adventure) beverage in hand and be in their place before the song ends. Give a special treat for those who are ready on time.

4. THE FAMILY CUP

To help make a really big deal out of the official start, you can all raise your mug and participate in a unified celebratory sip (toast) with the announcement, "Family Night has officially begun!"

5. ATTA-BOYS!

Acknowledge accomplishments and make announcements for the week. Always praise your children for the prep efforts made for Family Night and publicly acknowledge all who are gathered.

6. TRANSITION TO LESSON

When everyone has finished (or mostly finished) their beverage it's time for your lesson. Do a quick review of the four Family Night Honor Tools found on page 4.

LESSON

OUR FAMILY RULES!

Your family is the BEST FAMILY EVER!!! Tonight we're going to celebrate your special family while learning how to respect each other's things and each other's hearts!

- ◆ You'll dream together and discover what makes your family uniquely awesome!
- ◆ Enjoy the "Family Rules" Games!
- ◆ Create your Family Rules!

Remember your Family Night Adventure Rules:

1. All Ideas Count
2. Share & Take Turns
3. Be Kind



Game #1

- Before you start your Family Night Adventure, photocopy a picture of your family, preferably on card stock.
- Cut into puzzle pieces allowing one for each member PLUS one additional piece to be hidden somewhere in the house. Place one puzzle piece in an envelope for each family member.
- Give each family member an envelope explaining that they are a priceless part of your family. Have them put their puzzle together (If your children are older you can make the pieces smaller and give each person several pieces in their envelope.)
- They'll see that one piece is missing. Go look for the lost puzzle piece playing the warmer/colder game and put it in its place.
- Explain how each one of them is an extremely important part of your family, so if anyone of them is ever sad, or in trouble, or needs help, as a family you will never let each other get lost. You'll always come and find them. Little guys understand lost and found. Teens get the symbolism of fighting for them, so expand on these concepts in a way your children will best relate according to their age.

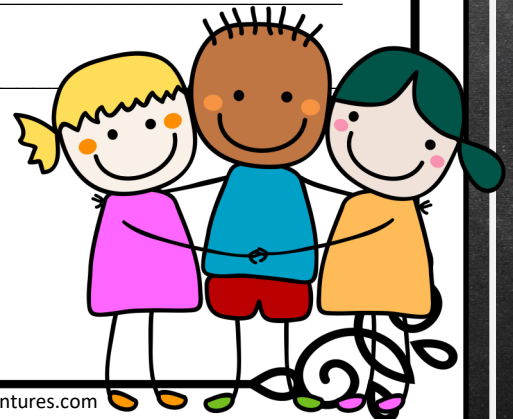
THIS IS ME

Make one copy of this page for each family member, including parents. Pass out with crayons and have each person draw a picture of themselves doing your favorite thing.

THESE ARE MY FAVORITE THINGS

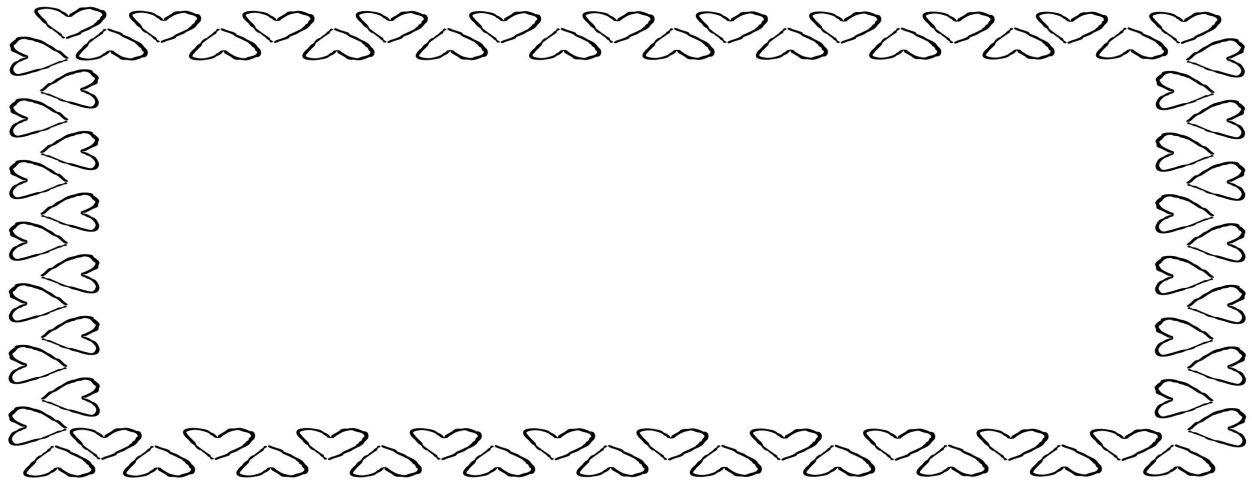
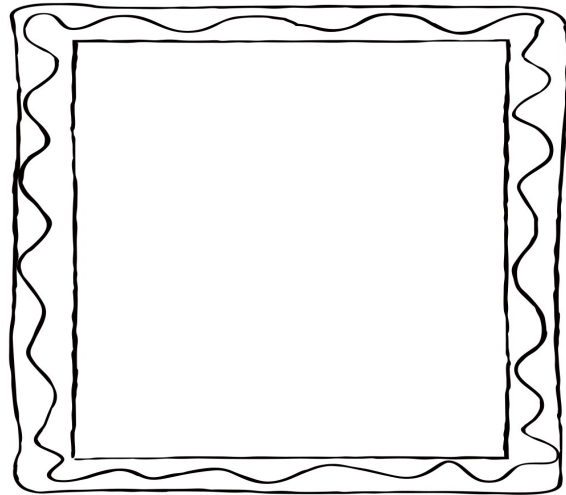
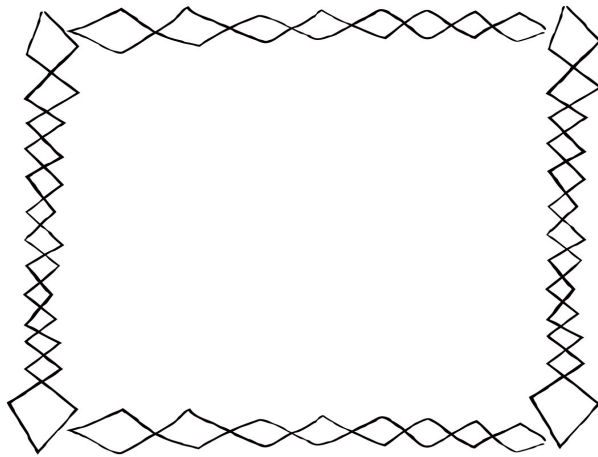
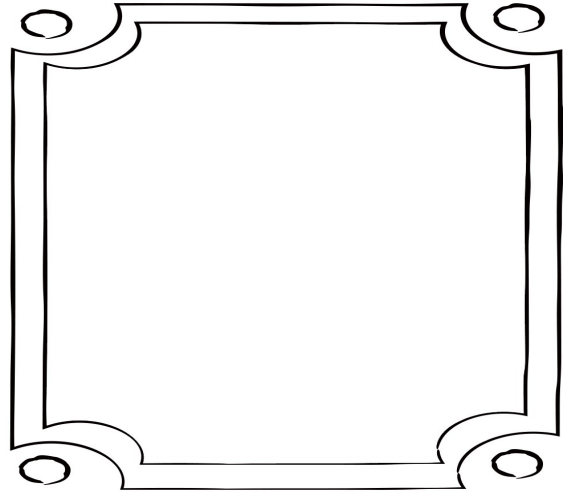
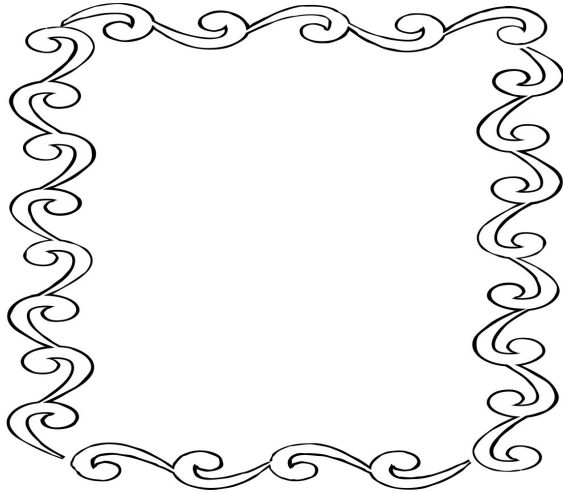
Make one copy of this page for each family member. You might need to write in the answers for your smallest kiddos.

1. My name is: _____
2. My favorite color is: _____
3. My favorite movie is: _____
4. My favorite TV show is: _____
5. My favorite animal is: _____
6. My favorite food is: _____
7. My favorite dinner is: _____
8. My favorite breakfast is: _____
9. My favorite beverage is: _____
10. My favorite candy is: _____
11. My favorite toy is: _____
12. My favorite hobby is: _____
13. My favorite pastime is: _____
14. My favorite game is: _____
15. My favorite sport to play is: _____



THIS IS YOU

Use one box for each family member. Write down their name with words describing things they like and their character traits. Use the self-portraits just drawn to help siblings contribute to each other's descriptive picture frames. Copy page if more boxes are needed.



THIS IS US!

Using your descriptive picture frames, highlight or circle all the things your family has in common. Write those items in the blue column. List remaining items in the pink column and discuss how you are the same, how you are different, and how both make each of you and your family very special! Remember, it is easy to agree on things you have in common. Conflict usually comes in the places you are different, such as your favorite TV show, or favorite food. This is where we learn to honor each other by taking turns so everyone is honored.

HOW ARE WE THE SAME?

HOW ARE WE DIFFERENT?



THE ESSENTIAL 7

Your family is a very special place, but it's also one of the most emotionally vulnerable. Family Rules helps us take care of each other's things, and more importantly, each other's hearts. Discuss what each of these 7 values means to you and list ways you can incorporate them into your family values (see page 8). Can you squeeze all your thoughts into a couple of words that can be easily remembered? See the next page for our Personal Family Rules. You can use them or create your

A CULTURE OF VISION

A CULTURE OF HONOR


A CULTURE OF PURPOSE

A CULTURE OF CONNECTION

A CULTURE OF LEADERSHIP

A CULTURE OF TENACITY

A CULTURE OF HEROISM



Family Rules

DREAM BIG

BE KIND

LIVE STRONG

LOVE BETTER

Work Hard

Never Give Up

THE TRUTH ABOUT RULES

The truth is that a Happy, Healthy Home has many family rules. They range from playing with toys, to telling the truth, to sharing fair. No book can contain all the verbal and subliminal rules families have.

Rules are only as good, however, as the culture they are anchored in. It's the reason behind the rule that motivates us to keep them. That's why I want you to focus on the 7 Essential Elements that create the culture of your home, first.

On the previous page I shared with you some simple, easy-to-remember phrases we use in our home. Feel free to adopt them or fill in the blanks on the next page with your own power words. When you have completed your list, frame and display where all can see. The refrigerator works well. You'll be able to address almost every issue in your home with one of these simple, yet powerful, phrases.

Just like anything else, we're going to take this in baby steps. Let your family marinate on just this first step for a while. When you are ready to take the next step, get my up-coming Family Rules course that expands on the 7 Essential Elements with more Family Night Adventure to help you create your family operation manual. It includes the Family Rules e-book loaded with printable rules you can implement one at a time, that make your children want to make right choices!

Until our next family Night Adventure...

Here's to your Happy, Healthy Home!

Deanna



Our Family Rules



FAMILY RULES!

this is us

Our life. Our home. Our story.

**YOU ARE INVITED TO A VERY SPECIAL FAMILY NIGHT
ADVENTURE STARRING US!**

DAY: _____

TIME: _____



FAMILY RULES!

this is us

Our life. Our home. Our story.

**YOU ARE INVITED TO A VERY SPECIAL FAMILY NIGHT
ADVENTURE STARRING US!**

DAY: _____

TIME: _____

Use the prepared invitation or draw your own family. Choose a special helper to be in on your secret. They love it.

this is us

Our life. Our home. Our story.



FAMILY RULES AGENDA

PREP. "BEST FAMILY EVER!"

1. FAMILY CUP

2. INTRO: OUR FAMILY RULES - WE FIT TOGETHER GAME

3. THIS IS ME

4. THIS IS YOU

5. THIS IS US

6. OUR FAMILY CULTURE

7. OUR FAMILY RULES

8. FAMILY CHAT

FAMILY NIGHT MENU

Our Favorite Things

Favorite Beverage: _____

Favorite Entree: _____

Favorite Side Dish: _____

Favorite Dessert: _____



Have each family member tell you in advance their favorite foods. Choose one favorite food from each one and create a kaleidoscope of everyone's favorite things. Be sure everyone is represented.



ARE YOUR KIDS DRIVING YOU CRAZY?

Give them an Insta-Camp or a Weekly Family Night Adventure!

**Instant At-Home
Summer Camp or
weekly Family
Night Adventure!**

- Instant access gives you instant relief!
- The **DONE-FOR-YOU**, interactive, home-camp is ready to go right now!
- Keep your sanity while giving your kids structure and focus every day!
- Gain powerful emotional safety tools & coping skills while having a blast!

- Your Done-For-You Camp-Kit Includes:
- 12 Done-For-You Camp Sessions!
- 12 Interactive Adventure Theater Episodes!
- 12 Digital Click-Class Camp Guides!
- Printable Student Packs!
- Dailey Camp Lesson & Leadership Challenges!
- Dailey STEM Activities and YouTube Demos!
- Bonus Games & Parent Resources!
- Self-guided format!



SHOP NOW

**SAVE THE
CHILDREN
& THE PARENTS
GIFT IT TODAY!**



THE PERFECT GIFT!

Give Family Night Adventures to your family and friends to build their Happy, Healthy Homes!



BUILD YOUR FAMILY WITH FUN!

A Special Family Night Delivered to You Every Month!

Easy Lessons for Busy Families!

Build Life Skills and Strong

Monthly Subscription Only \$10 to build your happy, healthy home!

Buy Now

FAMILY NIGHT ADVENTURES

for



CHAMPIONEERS!
COWPIE COUNTY

Share the LOVE!

How often do you find a gift that has the ability to change lives, heal hearts, and build families?

Give **Family Night Adventures**
to everyone you know!

Text, Email, Post... Repeat!

[Click Here for the Family Rules Giveaway link](#)