



# Ground rules for a helpful home

## Instructions

### Note to parent / carer

The following instructions provide a structured way to discuss and create a set of collaborative ground rules with a child. These could be used to support a more effective home-learning environment or more generally to set some 'house rules'.

#### Step 1: A world with no rules

Read through Sira's story (**Worksheet 1**), you might like to use the accompanying PowerPoint when reading. Once you have read the story discuss some of the following questions.

- Q: Do you think Sira made a good wish? Why/why not?**
- Q: What problems did Sira's wish cause?**
- Q: Would you like to live in a world with no rules? Why/why not?**
- Q: What rules might you miss?**

#### Step 2: Creating a new game

Use the template provided on **Worksheet 2** as the basis for creating a board game with your own unique set of rules. Once created try to teach the game to another member of the family, then reflect on the following questions:

- Q: Did the players understand your rules?**
- Q: Did the players think your game was fair?**
- Q: Did the game run smoothly?**
- Q: What improvements would you like to make to the game?**

#### Step 3: Making up our house rules

Using the learning from the first two activities discuss how having a set of agreed 'ground rules' might be helpful within your home environment. Before coming up with an actual set of rules you might find it helpful to discuss, or draw out your idea of a 'perfect home environment'. This is best done as a whole household with everyone inputting their ideas. Using this 'perfect home' each person can then suggest a number of 'ground rules' that would help this to become a reality. Together you can then narrow these down to a short set of 'rules' that everyone is happy with. For example:

- We will use kind words and try not to shout.
- We will listen when other people are talking.
- We will give each other space when we need to.
- We will ask before we borrow someone else's things.

#### Step 4: Reviewing the rules

After a period of a few days you might find it helpful to review the initial set of rules you created. The following questions might be a helpful starting point:

- Q: Are the rules working for all of us? Why / Why not?**
- Q: Are there any rules that should be changed? How?**
- Q: Do we need any new rules?**



# Ground rules for a helpful home

## Worksheet 1

### Sira's Story

#### Slide 3:

"Sira, it's time for bed. Turn the TV off and go and brush your teeth," said mum.

"But mum, the show has only just started," moaned Sira.

"The rule is that you have an early night when you have school the next day. That way you get plenty of rest and are at your best."

#### Slide 4:

Sira stomped to the bathroom, and scrubbed her teeth quickly.

She was about to go to her room when her dad stopped her, "Sira, you know our rules, we must brush our teeth for at least two minutes. Go back and clean them properly."

#### Slide 5:

Sira sighed, she went back into the bathroom and grumpily brushed her teeth again. She was so annoyed that she slammed the door on her way out.

"Sira!" hissed mum's voice from down the hall. "You know our rules, you have to be quiet in the evenings or you'll wake your baby brother."

#### Slide 6:

"Rules, rules, rules!" Sira thought as she climbed into bed.

"I wish they'd go away." She reached out, switched off her bedside lamp and fell into a deep sleep.

#### Slide 7:

The next morning Sira was woken by a loud thud. She rubbed her eyes and called out "Hey! Stop that!".

Her little brother had come into her room and was pulling toys and books off the shelves. "Mum! Dad! Omar is making a mess in my room," yelled Sira.

Mum popped her head around the door. "He can do what he wants," she replied.



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## Worksheet 1

### Sira's Story

#### Slide 8:

"But Omar's never normally allowed to come in my room," grumbled Sira as she walked into the kitchen for breakfast.

To her surprise there was no cereal in cupboard and no bread to make toast.

"What can I have for breakfast?" she asked her dad, who was sipping a cup of tea.

#### Slide 9:

"Anything you want. You know that," he responded.

"Are you sure?" Sira couldn't believe it.

"Yes, Sira. Now stop bothering me."

Sira went straight for the freezer and pulled out a tub of her favourite ice cream. She took out three huge scoops and then covered them with chocolate sauce.

#### Slide 10:

Sira let out a gentle burp as she finished the last mouthful and looked up at the clock. It was 9am.

She was late for school! Frantically, she put on her clothes and brushed her teeth and hair.

"Mum, we should have left ages ago. Why didn't you tell me to hurry up?" said Sira as she ran to the front door.

"What are you talking about Sira, there's no rush," said mum.

#### Slide 11:

Stepping out onto the street, Sira was nearly knocked over by a cyclist racing along the pavement. "Watch out!" she cried.

As she and mum walked to the school all around them was chaos. Drivers were tooting their horns angrily at each other. Cars sped past, many ignoring red traffic lights and some even drove on the wrong side of the road.

#### Slide 12:

Several times Sira's heart felt like it skipped a beat as she crossed the road. Her stomach, which was full of ice cream, was starting to hurt too.

At last they reached the school gates where mum gave Sira a kiss and waved her goodbye.



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## Worksheet 1

### Sira's Story

#### Slide 13:

Although lessons had started there were still lots of children in the playground. A group in the corner who were playing with a basketball had started shouting at each other.

"Why don't you ever pass to us?" one ranted.

"You don't have to," the pupil with the ball replied.

"Yes you do or we will never get a chance to play," groaned the others.

#### Slide 14:

As Sira entered the building the usually calm hallways were filled with the chatter of pupils, who were wandering in and out of their classrooms.

Outside her classroom coats and bags had been flung into a messy pile that almost blocked the door.

Sira carefully hung up her jacket and pushed her way into the room, tripping as she went...





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Worksheet 2

## Rules writing prompt

The player who starts is the person who...

Roll the dice and then...

If you land on red you must...

If you land on blue you must...

If you land on yellow you must...

If you land on green you must...

The winner is the person who...

