



SCHOOL-TO-HOME CONNECTION NEWSLETTER

Dear Grown-ups,

Chances are, you've been in a situation in which there was a rule that didn't quite make sense at first. But with some investigation, you most likely found there was a good reason for that rule. Adolescents, who have a very strong sense of justice, often question rules and regulations and will resist what does not seem fair at first. Our job is to help our children understand the importance of following rules and regulations, even if we do not agree with them. In this School-to-Home Connection activity package, your child will display how to follow the rules, even if they do not agree with them.

Activities include:

- Dinner Discussion: Explore the reasons behind the rules.
- Nighttime Reflections: Discuss how to cope with following rules you don't agree with.
- Art Activity: Create a "Reasonable Rules" chalkboard.
- The Great Outdoors: Reason with rules, lobby a legislator, and play "Agree to Disagree."
- SEL Saturday: Shoot a "Day in the Life" video in your household.

As you and your child complete these activities, feel free to share with your child rules you don't agree with, along with the reason you follow these rules anyway. Your child can learn from your responsible actions and attitudes toward rules.

Sincerely,
Your Fly Five Team



SCHOOL-TO-HOME CONNECTION ACTIVITY SHEET

COMPETENCY: Responsibility

THEME: Holds Self Accountable

GRADE: 7th

OBJECTIVE: The student will be able to display how to follow the rules, even if they don't agree with them.

DINNER DISCUSSION



- Guided Questions:
- “What is the purpose of having rules?”
 - “Think of a rule at school or at home that you disagree with. Why do you disagree with it? Can you think of why that rule is in place?”
 - “How might you still follow a rule that you don't agree with?”
 - “How do you think people come up with rules? What is the process?”
 - “Why do we sometimes not want to follow rules?”

Tips:

- Adolescents are sensitive to injustice, and sometimes they feel as though rules aren't fair. Explaining why rules are in place will help your child to accept rules more readily.
- Many rules are put in place to establish and maintain safety. Put rules in perspective for your child by pointing out how your child is being protected by rules.
- Consider sitting down with your child to draft rules for your household. Children are more apt to follow rules that they had a part in creating.
- Model following all rules, regardless of your personal views. If there is a rule you don't agree with, explain why you don't agree with the rule, but why we should follow it anyway.

NIGHTTIME REFLECTIONS



- Journal Prompts:
- “Think of a rule you don’t agree with and write it down. Then, think of a way you can follow that rule even though you don’t agree with it. Is there a way to compromise?”
 - “What is the worst thing that could happen by happily accepting the rule above?”
 - “Write down a rule that you do agree with. What makes this rule different than the rule you don’t agree with?”
- Conversation Starters/Prompts:
- Share with your child a rule that you may not agree with and how you are able to cope with following that rule.
 - Discuss with your child all of the possible reasons why there are rules and laws.
 - Talk about what the world might be like if we had no rules.
- Reflect and Sketch:
- “Sketch a scene of a favorite place...but without rules. What would be happening? What would the atmosphere be like? Reflect on whether the place would continue to be your favorite with no rules in place.”
 - “Depict a rule you agree with (for example, stopping at red lights).”
 - “Think of a time in which you or a friend did not follow the rules. Draw the consequence. If there was not an immediate consequence, draw your feelings after.”

ART ACTIVITY: Create a “Reasonable Rules” Board



Prep & Materials:

- Colored chalkboard paint (You can make this from regular paint by combining flat acrylic or latex paint with two parts plaster of paris and one part water. First, mix one part water with two parts plaster of paris, then add one part paint and mix well.)
- Regular paint OR die-cut letters
- Piece of wood or small chalkboard
- Chalk
- Paper
- Pencil

Create a “Reasonable Rules” Board at home with family members. All members will be involved, and it will be a work in progress that can be added to or changed at any time.

First, sit down with family members to brainstorm a list of household rules on paper. Then, come up with a quick reason for each rule. (For example: Curfew on weekends is 9:00 p.m. Reason: To keep everyone safe.)

Paint the wood or chalkboard with chalkboard paint (see above for a quick recipe to make chalkboard paint at home). After it dries, use the regular paint or die-cut letters to name the board “Reasonable Rules” at the top. Then, write the rules in chalk, and hang the board in a common area of your home, like the kitchen.

The “Reasonable Rules” Board will remind everyone in your household of the main reasons for rules. Hold family meetings often to revise, add to, or discuss the rule chart.

THE GREAT OUTDOORS



A list of activities:

- **Rule Reasoning:** Have your child go to a public park, library, or pool and find where the rules are posted, or ask an employee to show them a copy of the rules for that establishment. Encourage them go through each rule with a friend or family member and come up with a reason for each. What did they notice about the reasons? Ask them to reflect on how many of the rules have to do with safety, appreciating what those establishments are doing to protect people.
- **House Rules:** With your child, draft a list of rules for your household. Discuss the pros and cons of each rule. Try to come up with at least five main rules for the household, and create a poster outlining the rules. Examples and reasons for the rules will make the poster even better! Post the rule poster in a common place in the house, such as the kitchen.
- **Agree to Disagree:** There is a point at which you should let go of your own feelings and follow a rule, even if you do not agree with it, in order to achieve a goal, move on with your life, or avoid a negative consequence. Create a game entitled “Agree to Disagree” in which players will have to weigh the consequences of either following or not following a rule. Not following a rule will result in immediate gratification but also a consequence. Following a rule will receive no immediate gratification or consequence, but instead will hold a value later on in the game.

Preparation: On paper or poster board, draw a board with 30 spaces, including a start and an ending point. On index cards or small pieces of paper, create at least 20 Rule cards, writing a different rule on each. (These can be serious or silly; e.g., “Eat all of your dinner before you get dessert” or “Dye your hair a different color each day for a week.”). Below that, write on each of these cards a number of spaces to move. Create at least 10 Instant Gratification cards (these will move you closer to the end point more quickly; e.g., “Move 3 steps forward”), and at least 10 Consequence cards (these will hold you back; e.g., “Go back to start” or “Go back 2 spaces”). Make a stack of at least 10 Follow Rule cards with smiley faces on them and a small number of spaces to move—either one or two. (These will be what a player gets for following the rule, and they will provide them with a head start for round two.) Label the backs of the cards accordingly as “Rules,” “Instant Gratification,” “Consequences,” and “Follow Rule.”

Play: With at least one other person, play the game using game pieces of your choice (coins, small toys, etc.) Players will take turns drawing Rule cards. If the player chooses to follow the rule, they will get a Follow Rule card with a smiley face and will move the number of spaces on the card and keep this card (and any others accumulated) for round two. If the player does not want to follow the rule, they will draw both an Instant Gratification card and a Consequence card and follow the directions. When all players reach the ending point, you will play a second round, but each player gets to use accumulated Follow Rule cards as a head start, with each card counting for one space. (For instance, if you have five Follow Rule cards, you get to begin round two ahead by five spaces.)

After playing: Think about, when encountering rules you may not agree with, how refusing to comply may give you immediate gratification, but may also come with a worse consequence, whereas following the rule may not give you the immediate gratification, but may help you in the long run.

SEL SATURDAY



Everyone in a household has a role and responsibilities in the household. From taking out the trash to going to school each day, each family member carries out a series of behaviors and responsibilities. Help your child document this in a video starring you and your family. Create a “Day in the Life” video of you and your family members, focusing on the various responsibilities you all have. It is OK to shoot different scenes over multiple days and narrate the video in the background, or do it all in one day!

Watch with your family and encourage your child to reflect on the responsibility they show, compared to others in the household. Is there more they could do to help around the house? Do others in the house deserve recognition for being responsible for many tasks?