

# Our Family Pledge

## Summer 2024

.....  
This summer we want to: (top 3 chosen from your Brain Dump)

.....  
We pledge to: (specific actions or behaviors)

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

.....  
We will celebrate our success by: (plan for reinforcement)

# What We Want Cards

Each family member draws a card and shares an idea. Add the ideas to your brain dump list on the next page. Choose the top 3-5 as a family.

## Connection-

Something to do TOGETHER.  
A way to get to know each other better.

## Growth-

A new skill.  
Something to improve/ do better.

## Feeling-

How do you want summer to feel? Peaceful? Fun? Another feeling word?

## For others-

Something to do for others  
A way to be helpful

## Communication-

How do we want to talk in our family this summer?

## Education-

Ways to avoid the summer slide- keep up with some academics.

## Friendships-

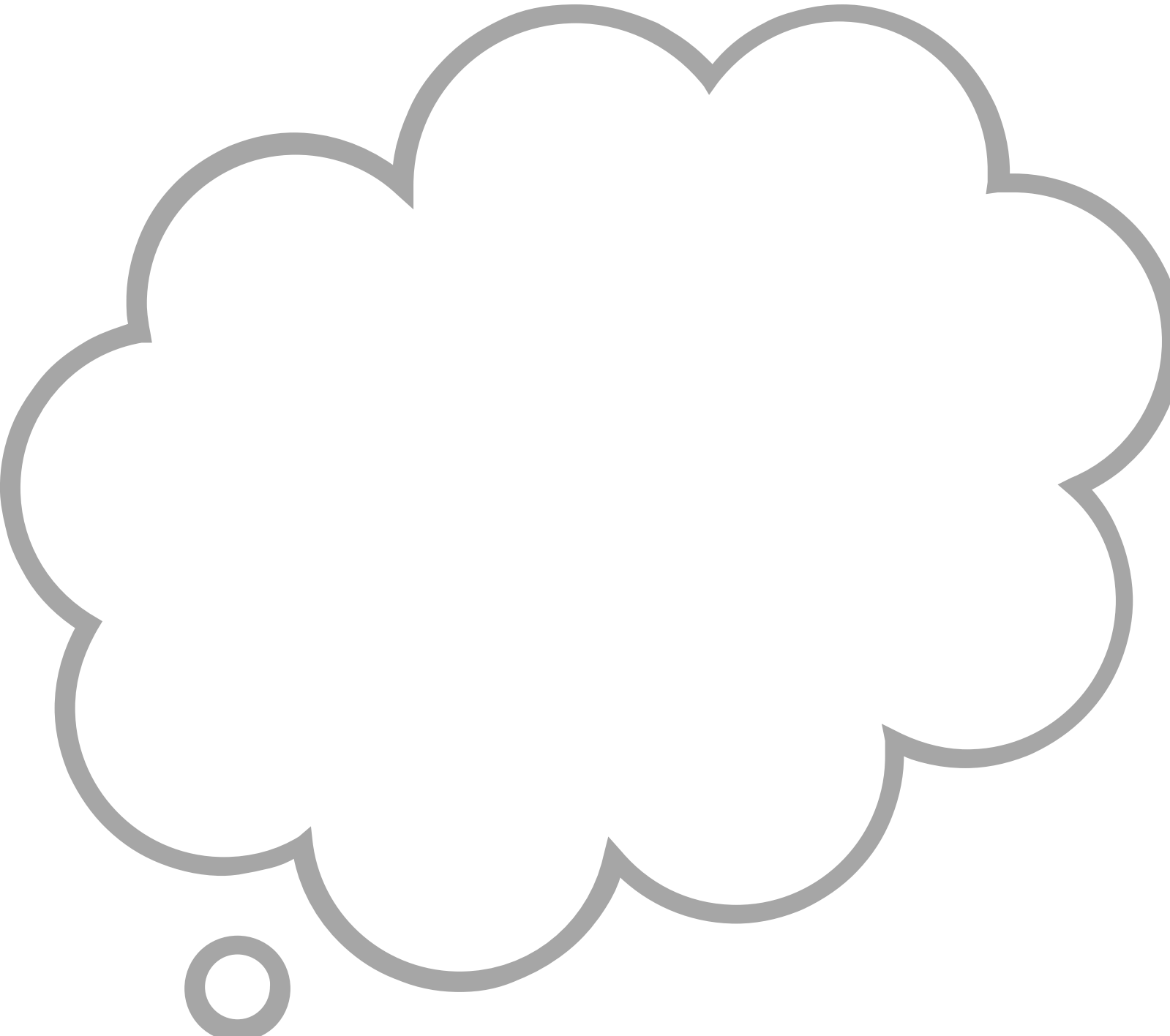
How can we be good friends this summer?

## Free Choice-

Any ideas/ hopes/ dreams/ schemes you can come up with!

# Brain Dump

Idea central. □List out ALL of the ideas from doing the What We Want Cards exercise.



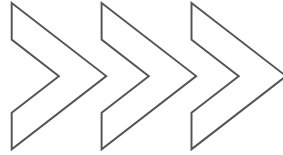
Now go back and circle what's most important. Cross off things that are just not feasible. Star the things that are nonnegotiable for any family member. Ask out loud, "Does this reflect what we stand for as a family?"

# Clear behaviors

When establishing your expectations, or what you pledge to do as a family- make sure you are giving clear, specific things to DO.

Avoid these words:

- No
- Stop
- Don't



Tell them what they CAN do instead!

**From this**

**To that**

