



RULER Activity: Create a Family Charter at Home!

Putting it all together

- Now it's time to pull all the pieces together and create your own living document. This is often the most fun part of the project.
- **Be creative!** Use your family's talent and have fun together. There are no limits: it can be big or small, colorful, or filled with drawings.
- **What's most important is that you have a final document that includes the top 5 feelings, specific and observable behaviors, and agreed-upon ways to prevent and manage conflict.**
- Once the Family Charter is complete, **everyone must sign it!**
- We encourage you to display the Charter prominently in your home so everyone can keep these feelings and behaviors in mind throughout the day.

Keeping the Family Charter Alive

- **Schedule weekly or monthly family meetings** to review the Charter. What's working? What's not?
- **Have each family member set a daily or weekly goal** related to part of the Charter he or she finds the most challenging to honor.
- **Be creative** – post weekly quotes, send out family emails, perform random acts to demonstrate the feelings in the Charter and show appreciation for your family members.
- **Revise the Family Charter**, as needed. It should be a living agreement.
- **Share your pride and your achievement.** Tell friends and other families about your creating the Charter and how good you feel about the changes in your home as a result!