**Values & Goals**

**VALUES** are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_: something we need to live

 \_\_\_\_\_\_\_\_\_: something we want, it matters to us, but it isn’t essential

**A GOAL is**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Two types of goals: \_\_\_\_\_\_\_\_\_\_\_\_ hours, days, a week) and \_\_\_\_\_\_\_\_\_\_ (weeks, months, semester, years).

Set ONE long-term goal:

Set ONE short-term goal:

“A goal without a plan is just a wish.”

We set \_\_\_\_\_\_\_\_\_\_ goals to achieve our \_\_\_\_\_\_\_\_\_\_ goals.

We make \_\_\_\_\_\_\_\_\_\_\_\_\_\_based on our values and goals.

**Social Skills**

\_\_\_\_\_\_\_\_\_\_\_ are the skills we use to interact with each other. We use \_\_\_\_\_\_\_\_, tone of voice, \_\_\_\_\_\_\_\_\_\_, non-verbal gestures, \_\_\_\_\_\_\_\_ language, and our personal appearance to communicate.

There are two types of communication:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(talking, words)

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_gestures, body language)



Active-listening is when your \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ show that you are listening. (Eye contact, nodding, saying “okay”, “I understand”, and asking follow-up questions.)

Conflict resolution is solving a \_\_\_\_\_\_\_\_\_\_ using different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ techniques. When we have a problem to solve, we \_\_\_\_\_\_\_\_\_\_with our friends or family to come to a solution.

**Family Relationships**

We learn how to communicate from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

We build strong \_\_\_\_\_\_\_\_\_\_\_\_\_\_ at home when we practice \_\_\_\_\_\_\_\_\_communication.

\_\_\_\_\_\_\_\_\_are a great time to practice our social skills and get to know our parents and siblings better.

At Family Mealtime, we learn:

 ⦁ \_\_\_\_\_\_\_\_\_ to work together (preparing meals, cleaning up)

 ⦁ meal-planning and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(shopping for meals/planning meals)

 ⦁ how to \_\_\_\_\_\_\_\_ to other people and carry on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 ⦁ what’s happing in our \_\_\_\_\_\_\_\_\_\_\_\_ member’s lives

 ⦁ meal etiquette and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 ⦁ to try \_\_\_\_\_\_\_\_\_\_\_\_\_foods

Benefits of Family Mealtime:

 Studies show that kids that eat with their families on a regular basis have a \_\_\_\_\_\_\_\_ risk of developing poor eating habits, \_\_\_\_\_\_\_ problems, or alcohol and substance dependencies. They also tend to perform \_\_\_\_\_\_\_\_\_\_ at school.

Goals for Family Mealtime:

 ⦁ Try and have a meal with your family at least \_\_\_\_\_\_\_\_\_ times a week.

 ⦁ Schedule time so that \_\_\_\_\_\_ or most of your family members can be there: make it a \_\_\_\_\_\_\_\_\_\_\_!

 ⦁ Remember \_\_\_\_\_\_\_\_\_\_\_ is as important as quantity—turn off the\_\_\_\_, your \_\_\_\_\_ \_\_\_\_\_\_\_\_\_, and all other distractions and focus on your family.

