

HAPPINESS RULES - INSTRUCTIONS

HAPPINESS RULES POSTER FOR HOME USE

betterwaystohappydays.com

To make the chart:

Print both pages, glue back to back, laminate and display.

Key Points to Remember:

1. Teach/explain each of the expectations/rules (choose a calm happy time)
2. Teach/explain the consequences (use the Choice Tracker Chart)
3. Keep it positive - Listen to your tone - Speak to your child the way you would like to be spoken to
4. Build trust and a solid relationship with your children
5. Apologise if you make a mistake
6. Role model the desired behaviour
7. Teach through RESPECT, NOT FEAR
8. BE CLEAR - State the rule broken, then the action e.g. peg down, extra chore, then the way to get back on track
9. Move on quickly

The purpose of the Happiness Rules Poster is to **keep it positive**, to teach children the expectations *and* the consequences (Choice Tracker Chart). **If we understand the likely outcome of the choices that we make then we can make educated choices about our behaviour**, fully understanding what we are risking. The Happiness Rules Poster helps everyone in the family understand expected behaviour to keep everyone happy and safe.

If we teach children that the **house rules are just like the law outside of the house**, they can begin to understand and take responsibility for their actions. We are helping our children become responsible members of their family, school and community.

This is why **consistency is so important**, without consistency the likely outcomes of our behaviour become unclear and so do the expectations, this leads to confusion for all involved (whether it be children at home or school or adults at work or people in our society).

It is also important that we remember to make the rules and expectations **reasonable and fair**, remembering to **speak to our children the way that we would like to be spoken to**, give them **time** to complete their tasks and the **opportunity** to correct their mistakes. Role modelling the expected behaviour is our most powerful tool.

Use the Happiness Rules Poster in conjunction with the Choice Tracker to help the whole family stay on track to peace and happiness.

FREE PDF - Print for personal/home use only - Pay It Forward

Email enquiries - betterwaystohappydays@gmail.com

Thanks for recommending us to others. www.betterwaystohappydays.com

Author Terri - Happiness Rules Poster Home ©

Instagram - [@betterways101](https://www.instagram.com/betterways101)



Happiness Rules



RULES POSTER FOR HOME USE

betterwaystohappydays.com

1. Listen & Do

We listen then do. **We do what our parents tell us to do, straight away.** We follow safe instructions because we know this keeps us safe and happy and helps us learn. There will be time to talk things through later.



2. Be Kind

Being kind means treating people, property, animals and plants with respect. **We treat others, as we would like to be treated.** We look after property and use it the way it was made to be used. We show kindness by using our manners, **helping others and showing that we care.**



3. Be Fair

Being fair means that we take responsibility for our choices. We include others in our conversations and play. We **congratulate and encourage** our friends. We show fairness by being patient, sharing, following the rules, **owning our part in a problem** and understanding our differences.



4. Be Safe

Being safe means trusting our instincts. We are aware of the personal space of others, and we respect that space. **We do not touch others.** We don't put ourselves in dangerous situations. We don't hit, flick, poke, push, bite, kick, tackle or rough play. **We use our words, not our hands.**



5. Have Fun

We relax and make the most of every moment. We smile and spread joy. We try new things. We ask for help when we need it and help others when we can. **WE MAKE GOOD CHOICES.** We put our best effort into everything that we do. We focus on positives and are grateful for them.

