



Week Ten

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Family Night Adventure #10

What Matters Most

- **Key:** What Matters Most
- **Concept:** Internal Compass
- **Workbook:** pages 44-47
- **Sing-Along CD:** What Should I Do?

Family Night Agenda

1. Family Night "Roll" Call
2. Review
3. **Video:** Episode #10: What Matters Most
4. **Discussion**
5. **Video:** Lesson #10 Your Internal Compass
6. **Activity:** Balloon Darts
7. **Storytime**
8. **Review**
7. **Leadership Challenge:**
Make a New Friend

Activity

- Tug-of-War

Food Idea

Materials

- Balloons

In a Nutshell

Discuss how children feel when they tell a lie or do something that they know is naughty? Explain how there is an internal compass inside of us that helps us make decisions. Review music. Leadership challenge is to make a new friend.



Lesson Ten - Quick View

	ACTIVITY	OBJECTIVE	ACTION
1	Family Night "Roll" Call	Set the tone for your home	Pass out cookies (Family Night Treats), hot cocoa and latte's. Breathe and share week highlights.
2	Review	What have we learned?	The Truth in You
3	Video: Episode #10	To learn how to make good choices	What Matters Most
4	Discussion	Your Internal Compass Workbook 44-47	Discuss how we have an internal compass that helps us make decisions.
5	Activity	Balloon Darts	Demonstrate how balloon darts fly all over the room, instead of hitting true center of the target.
6	Video: Lesson #10	Balloon Darts	Balloon Dart Game
8	Storytime	Visual and audio reinforcement	What Matters Most
8	Review	Reinforce concepts	What do we know? What did we learn tonight?
9	Leadership Challenge	Reinforcement and internalization	Leaders focus on things that matter most, like honesty, kindness, and being a good friend to others. Try to make a new friend this week.
10	Sing-Along CD	Reinforcement and internalization	<i>What Should I Do?</i>

Lesson Details

1. Family Night “Roll” Call

Enjoy your hot cocoa and cookies.

2. Review

What have we learned? Review story and concepts we’ve learned so far.



3. Video: Episode #10 What Matters Most

Al-x goes to the big town rally where he is about to be honored for catching the biggest fish and for saving the old man. While he waits, the old man and his wife share how they fell in love even though the old man was not a good fisherman. The old man falls back to sleep and starts to snore while they wait for the reporter. Just then a giant fish jumps out of the water...

4. Discussion What Matters Most

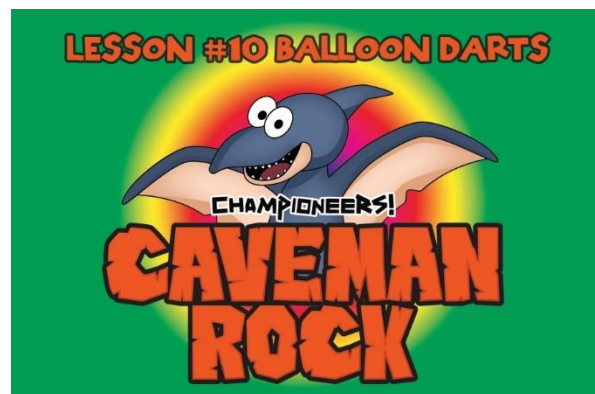
A compass always points north, like Al-x’s loadstone. It helps hikers, hunters, boaters and pilots know which

way to go, to find their way home. Inside of each of us is an internal compass that helps us know which way to go too. It registers information to make wise decisions. When we don’t have enough information, it’s hard to know what to do.

Wise leaders make their decisions based on intrinsic values that honor all people, like being kind, don’t hurt others, and don’t take things that don’t belong to you. They also consider the things that matter most to them, like being and doing their personal best. When you ask yourself how your decisions affect the things that matter most to you, you will become a wise decision maker, whose actions are considerate of others.



5. Video: Lesson #10 Balloon Darts



6. Activity

Balloon Darts

- Place a target somewhere in the room or choose a designated target.
- Have students or a volunteer blow up a balloon.
- Hold the end between their fingers.
- Take careful aim with their balloon to hit the target.
- On the count of three, let the end of the balloon go.

It's almost impossible to hit the small target, just like it's very hard to make a great decision if you don't have enough information.

7. Storytime

8. Review

What do we know? What did we learn tonight?

LEADERSHIP CHALLENGE

9. Leadership Challenge The Choice Challenge

Leaders learn to make decisions based on their inner compass. They do this by considering the things that matter most, like honesty, kindness, and being

a good friend to others. They also consider how their actions affect those around them.

Do you do things just for your benefit, or do you consider how your actions also affect others? Have you ever had a grumpy day and took it out on the people around you?

Almost everything you do affects the people around you, so to help you hear your inner compass, we have a fun challenge for you.

Before you do each item, stop and ask yourself who you should do it for and how. You might be surprised that your inner compass can help you make even these kinds of decisions!

1. Make a new friend,
2. Color a picture or make a card.
3. Give a compliment.
4. Help a parent or sibling with their chores.
5. Play a game with someone.

The second part of your challenge it to ask yourself if you have made any decisions that might have hurt someone else. If you have, is there something you can do to fix the situation? Ask yourself and I bet you'll find a great solution. Do you need to apologize? What can you do next time a similar situation comes up?

