

## Evening Reflection

Take 10 minutes before bedtime to think about the day with your child. Pick one of your personal or family values (e.g. treating other people with respect, sharing, resisting discrimination). Ask two questions:

- ❖ When did I (we) *insert value* today? (E.g., When did we treat other people with respect today? When did I share something with others today? When did we resist discrimination today?)
- ❖ How could I (we) make *insert value* a priority tomorrow? (E.g., How could I make showing respect for others a priority tomorrow? How could we make sharing with others a priority tomorrow? How could I make resisting discrimination a priority tomorrow?)

Make a note - in your heads, in an app, or on paper - of the value you want to focus on the next day. Remind yourselves of your plan at breakfast and lunchtime. Don't worry if you have trouble at first remembering what it is you want to do. Just keep trying.