

EBOOK SERIES

Your Family Constitution

**MAKING
STRUCTURE FUN**

www.yourfamilyconstitution.com



Scott Gale

MAKING STRUCTURE FUN

GALE FAMILY CONSTITUTION & OTHER THEMED TEMPLATES

“Home is the place where boys and girls first learn how to limit their wishes, abide by rules, and consider the rights and needs of others.”

—SIDONIE GRUENBERG

This eBook Series would not be complete without sharing the actual Family Constitution document that inspired me to write *Your Family Constitution*. I left this until the end in order to help you avoid the temptation to review what worked for my family before evaluating and processing your own family’s needs.

If you’re peeking ahead and have not yet finished the eBook Series, it’s alright. I probably would have too; however, I encourage you to read the rest of the eBooks, as well as the book, before creating your own Family Constitution.

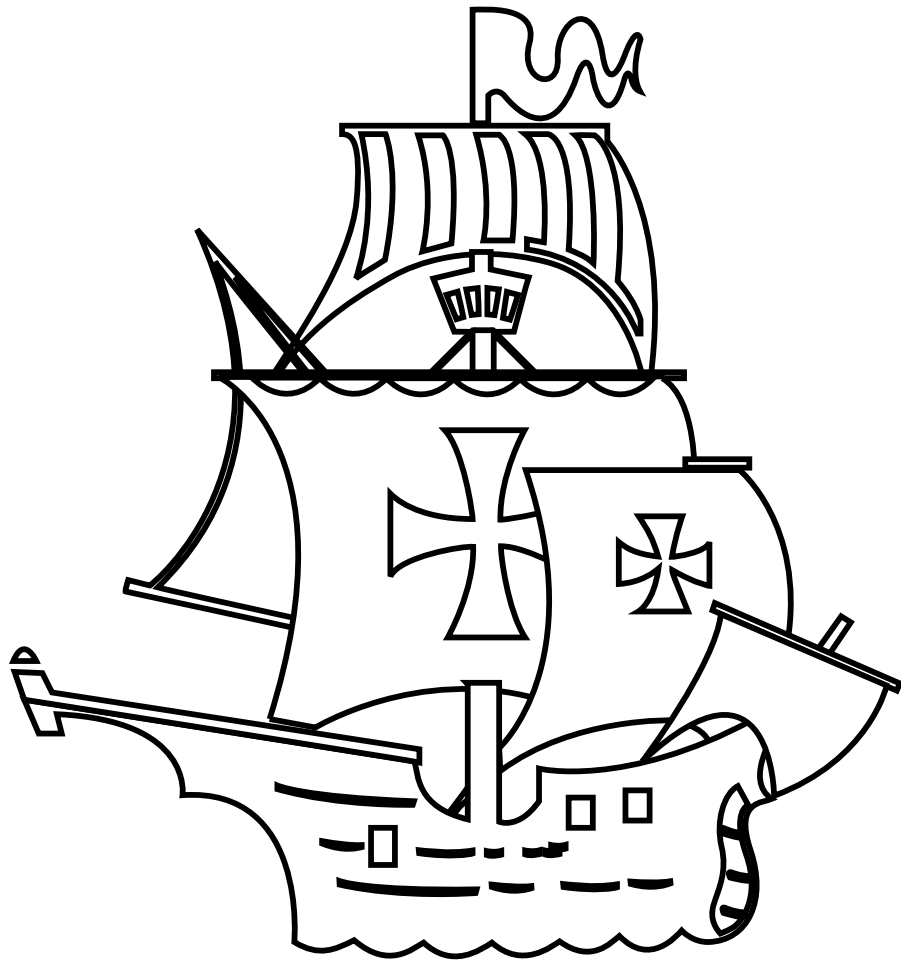
I’ve also included four alternate templates:

- Pirate Code
- Fairy Tale
- Family Game Plan (Football)
- Castle Code

These themed alternatives were designed for those parents who desire effective structure, but wish to add some flavor to the process to engage the kids.

More template designs can be found at www.yourfamilyconstitution.com. Or, if you would like us to help you pioneer a new template, email us at templates@yourfamilyconstitution.com.

Pirate's Code



Pirate's Code

Aye... journey to the Pirate's Cove with me to find the buried treasure. Board me ship, meet me crew. We've got a lot of pirate work to do.



Captain & Crew

- Captain Scott (Dad)
- First Mate Karen (Mom)
- Jack the Joker (Crew)
- Mighty Max (Crew)



DEFINITIONS

Cannonball - Broken rule.

Black Spot - Failure to perform chores or responsibilities on time.

Screen Time - Usage of television, video games, computer and hand-held games.

Week - Monday to Sunday.

All-Hands-On-Deck Gathering - Tuesday evening meetings. All ships crew shall listen, show respect, and provide ideas on how to improve the ship.

CODE OF CONDUCT

ARTICLE ONE. ATTITUDE & BEHAVIOR

Pirate Conduct

- ✘ Whining, complaining, yelling, and name-calling shall result in one verbal warning, followed by the Deadman's Curses below.
- ✘ Hitting, kicking, or damaging other people's stuff shall result in immediate Level 2 Deadman's Curses.
- ✘ Lying or parent-shopping shall result in immediate Level 3 Deadman's Curses.

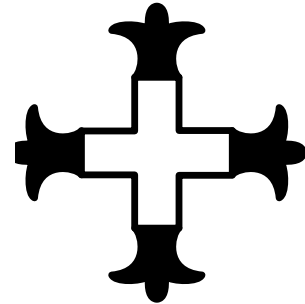
Deadman's Curses

1. Five-minute time out;
2. One hour in room;
3. Twenty-four hours without Screen Time for 3rd Cannonball and each thereafter.

ARTICLE TWO. CHORES, HOMEWORK & RESPONSIBILITY

Pirate Conduct

- ✘ Each family member shall be accountable for completing his chores, homework and other responsibilities on time, as defined on the Chore Chart.
- ✘ No television or video games shall be allowed until all daily chores and responsibilities have been completed.
- ✘ Chore Chart shall be reviewed at each weekly family meeting to assess performance by each individual.



Jewels

- ✘ Each week without a Black Spot - Full allowance
- ✘ Four consecutive weeks without a Black Spot - Sleeper with friend at our house or theirs.

Deadman's Curses

- ✘ One Black Spot during a week - Loss of 1/2 allowance.
- ✘ Two or more Black Spots during a week - Loss of entire allowance.
- ✘ Each additional Black Spot - Loss of Screen Time for one-day.

ARTICLE THREE. SCREEN TIME

Pirate Conduct

- ✘ No Screen Time shall be allowed during weekday mornings.
- ✘ During weekday evenings, Screen Time shall be allowed only after all homework and chores are complete.
- ✘ At any time, Captain or First Mate can provide verbal warning that Screen Time is ending and set a timer for 25 minutes; Screen Time shall cease immediately when the timer sounds.

Deadman's Curses

- ✘ Each Cannonball shall result in a one-day loss of Screen Time.



MATEY MATTERS

BEDTIME

- ✘ Crew shall be individually responsible for being ready for bed, including brushed teeth, by their assigned bedtimes. (Max-8:30pm; Jack-9:15pm).
- ✘ If circumstances require crew to stay up past their bed time, each shall be prepared for bed within 15 minutes of arriving home.

Jewels

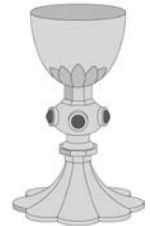
- ✘ If crew makes it to bed on time each night between Sunday and Thursday, he can stay up until 10:00pm on Friday and Saturday night.

Deadman's Curses

- ✘ Each Bedtime Cannonball shall result in a bedtime 30 minutes earlier the following night.

MEALS & NUTRITION

- ✘ Crew shall be responsible for preparing their own breakfasts, lunches and snacks, unless Captain or First Mate offers to help.
- ✘ Each crew member shall choose one healthy dinner meal per week for the family.
- ✘ If someone chooses not to eat dinner, he or she can prepare an alternative meal for themselves (i.e. bread & butter, left-over's, etc.).
- ✘ Dessert shall be available only to kids who eat enough dinner, as determined by Captain or First Mate.



PERSONAL HYGIENE

- ✘ Each Crew shall be responsible for getting himself dressed in clean clothes every day.
- ✘ Crew members shall shower every morning before school; or they can bathe the night before.

Deadman's Curses

- ✘ First Cannonball shall result in a warning.
- ✘ Each Cannonball thereafter shall result in a one-day loss of Screen Time.



HOIST THE COLORS!

Captain and First Mate must both approve each change before it can take effect. Changes can be proposed, considered and approved during any weekly All-Hands On-Deck-Gathering.

On this _____ day of _____,

The Pirate Code of Conduct is approved.

Captain _____

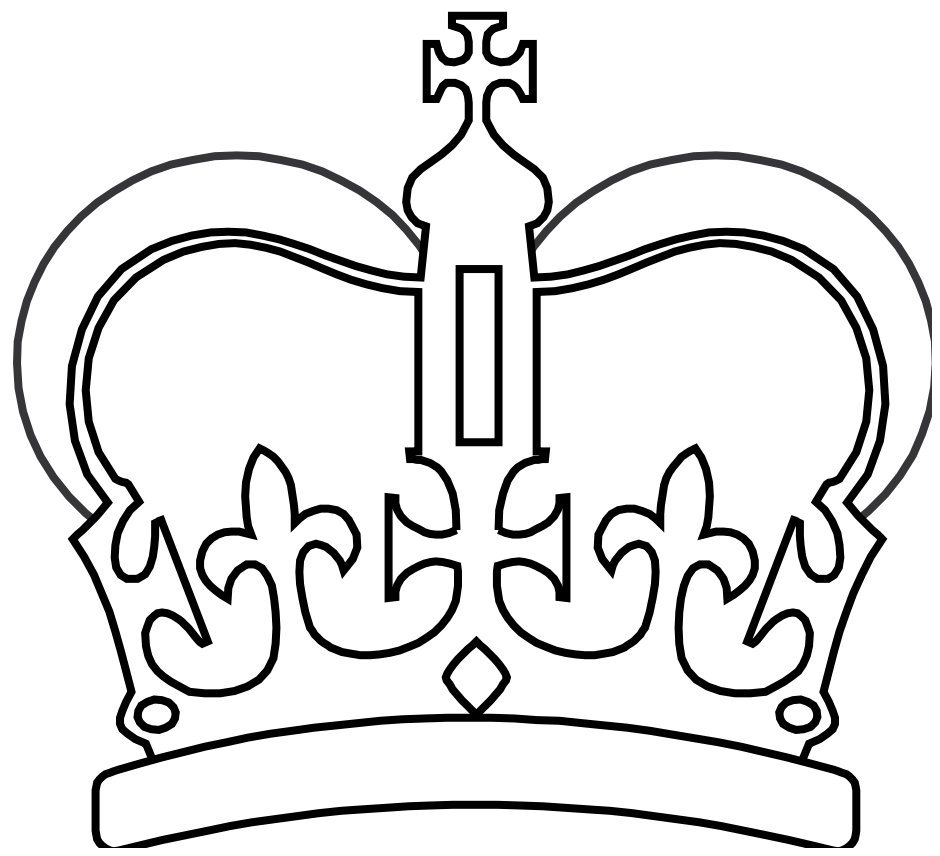
1st Mate _____

Crew 1 _____

Crew 2 _____



Fairy Tale



Fairy Tale

Once upon a time, in a land not so far away, there lives!



- **The Jolly Giant (Dad)**
- **Mother Goose (Mom)**
- **Prince Jack**
- **Prince Max**



Definitions

Broken Arrow - Broken rule.

Poison Apple - Failure to perform chores or responsibilities on time.

Magic Screen - Usage of television, video games, computer and hand-held games.

Week - Monday to Sunday.

Magic Meeting - Tuesday evening meetings. All princes shall listen, show respect, and provide ideas on how to improve the Kingdom.

Sorcerer's Spell Book

CHAPTER 1. ATTITUDE & BEHAVIOR

Magic Spells

- *Whining, complaining, yelling, and name-calling shall result in one verbal warning, followed by the Curses below.
- *Hitting, kicking, or intentionally damaging other people's stuff shall result in immediate Level 2 Curses.
- *Lying or parent-shopping shall result in immediate Level 3 Curses.

Curses

1. Five-minute timeout;
2. One hour in room;
3. Twenty-four hours without Magic Screen for each Broken Arrow thereafter.

CHAPTER 2. CHORES, HOMEWORK & RESPONSIBILITY

Magic Spells

- *Each fairy tale family member shall be accountable for completing their chores, homework and other responsibilities on time, as defined on the Chore Chart.
- *No magic screen shall be allowed until all daily chores are done.
- *Chore Chart shall be reviewed at each weekly family meeting to assess performance by each individual.



Charms

- *Each week without a Poison Apple - Full allowance
- *Four consecutive weeks without a Poison Apple - Sleepover with friend at our house or theirs.

Curses

- *One Poison Apple during a week - Loss of 1/2 of allowance.
- *Two or more Poison Apples during a week - Loss of entire allowance.
- *Each additional Poison Apple - Loss of Magic Screen for one-day.

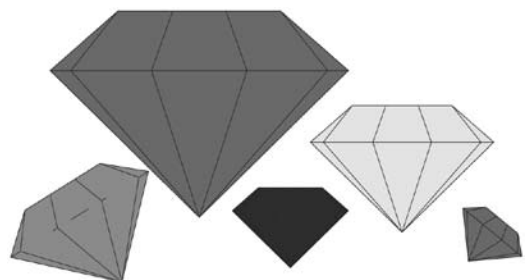
CHAPTER 3. MAGIC SCREEN.

Magic Spells

- *No Magic Screen shall be allowed during weekday mornings.
- *During weekday evenings, Magic Screen shall be allowed only after all homework and chores are complete.
- *At any time, Mother Goose or Jolly Giant can provide verbal warning that Magic Screen is ending and set a timer for 25 minutes; Magic Screen shall cease immediately when the timer sounds.

Curses

- *Each Broken Arrow shall result in a one-day loss of Magic Screen.



Magic Castle

BEDTIME

Magic Spells

- * Princes shall be responsible for being ready for bed, including brushed teeth, by their assigned bedtimes (Max- 8:30pm; Jack- 9:15pm).
- * If circumstances require princes to stay up past their bedtime, each shall be prepared for bed within 15 minutes of arriving home.

Charms

- * If a prince makes it to bed on time each night between Sunday and Thursday, he can stay up until 10:00 pm on Friday and Saturday night.

Curses

- * Each Bedtime Broken Arrow shall result in a bedtime 30 minutes earlier the following night.

MEALS & NUTRITION

Magic Spells

- * Princes shall be responsible for preparing own breakfasts, lunches & snacks, unless Mother Goose or Jolly Giant offers to help.
- * Each fairy tale family member shall choose one healthy dinner meal per week for family.
- * If someone chooses not to eat a prepared dinner, he or she can prepare an alternative meal for themselves (i.e. bread & butter, left-over's, etc.).
- * Dessert shall be available only to princes who eat enough dinner, as determined by Mother Goose or Jolly Giant.

PERSONAL HYGIENE

Magic Spells

- * Princes shall each be responsible for getting himself dressed in clean clothes every day.
- * Princes shall shower every morning before school; alternatively, they can bathe the night before.

Curses

- * One Broken Arrow shall result in a warning.
- * Each Broken Arrow thereafter shall result in the loss of Magic Screen for one day.



Fairy Godmother's Magic Wand

Mother Goose and Jolly Giant must both approve each change to the SORCERER'S SPELL BOOK or MAGIC CASTLE rules before it can take effect. Changes can be proposed, considered and approved during any weekly Magic Meeting.

On this _____ day of _____,

The SORCERER'S SPELL BOOK is approved.

Jolly Giant _____

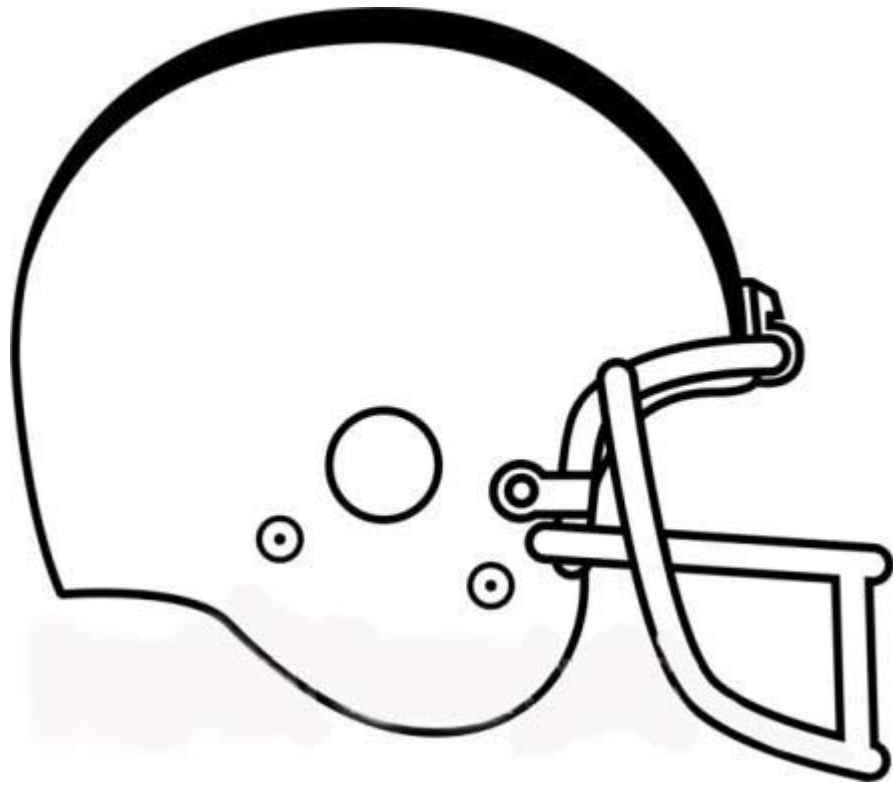
Mother Goose _____

Prince _____

Prince _____



Gale Family Game Plan



Gale Family Game Plan



HOME FIELD

Coaches & Players

- Coach (Dad)
- Coach (Mom)
- Player #11 (Jack)
- Player #8 (Max)



DEFINITIONS

Fumble - Broken rule.

Dropped Pass - Failure to perform chores or responsibilities on time.

Big Screen - Usage of television, video games, computer and hand-held games.

Week - Monday to Sunday.

Huddles - Tuesday evenings meetings. All players shall listen, show respect, and provide ideas on how to improve the team.

Scoreboard - Chore chart.

PLAYBOOK

1st DOWN. ATTITUDE & BEHAVIOR

Plays

- ✓ Whining, complaining, yelling, and name-calling shall result in one verbal warning, followed by the Penalties below.
- ✓ Hitting, kicking, or damaging other people's stuff shall result in immediate Level 2 Penalties.
- ✓ Lying or parent-shopping shall result in immediate Level 3 Penalties.

Penalties

1. Five-minute time out;
2. One hour in room;
3. Twenty-four hours without Big Screen for each Fumble thereafter.

2nd DOWN. CHORES, HOMEWORK & RESPONSIBILITY

Plays

- ✓ Each family member shall be accountable for completing his or her chores, homework and other responsibilities on time, as defined on the Scoreboard.
- ✓ No Big Screen shall be allowed until all daily chores and responsibilities have been completed.
- ✓ Scoreboard shall be reviewed at each weekly Huddle to assess performance by each individual.

Points Scored

- ✓ One week without a Dropped Pass - Full allowance
- ✓ Four consecutive weeks without a Dropped Pass - Sleepover with friend at our house or theirs'.

Penalties

- ✓ Each Dropped Pass during a week - Loss of 1/2 allowance.
- ✓ Two or more Dropped Passs during a week - Loss of entire allowance.
- ✓ Each additional Dropped Pass - Loss of Big Screen for one-day.

3rd DOWN. BIG SCREEN

Plays

- ✓ No Big Screen shall be allowed during weekday mornings.
- ✓ During weekday evenings, Big Screen shall be allowed only after all homework and chores are complete.
- ✓ At any time, Coaches can provide verbal warning that Big Screen is ending and set a timer for 25 minutes; Big Screen shall cease immediately when the timer sounds.

Penalties

- ✓ Each Big Screen Fumble shall result in a one-day loss of Big Screen.



LOCKER ROOM

BEDTIME

Plays

- ✓ Players shall be individually responsible for being ready for bed, including brushed teeth, by their assigned bedtimes. (Max- 8:30pm; Jack- 9:15pm).
- ✓ If circumstances require players to stay up past their bedtime, each shall be prepared for bed within 15 minutes of arriving home.

Points Scored

- ✓ If players makes it to bed on time each night between Sunday and Thursday, then they can stay up until 10:00pm on Friday and Saturday night.

Penalties

- ✓ Each Bedtime Fumble shall result in a bedtime 30 minutes earlier the following night.

MEALS & NUTRITION

Plays

- ✓ Players shall be responsible for preparing their own breakfasts, lunches and snacks, unless Coaches offer to help.
- ✓ Each family member shall choose one healthy dinner meal per week for family.
- ✓ If someone chooses not to eat dinner, he or she can prepare an alternative meal for themselves (i.e. bread & butter, left-over's, etc.).
- ✓ Dessert shall be available to players who eat enough dinner, as determined by Coaches.

PERSONAL HYGIENE

Plays

- ✓ Players shall each be responsible for getting himself dressed in clean clothes every day.
- ✓ Players shall shower every morning before school; alternatively, they can bathe the night before.

Penalties

- ✓ First Fumble shall result in a warning.
- ✓ Each Fumble thereafter shall result in a one-day loss of Big Screen.



AUDIBLES

Coaches must both approve each change before it can take effect. Changes can be proposed, considered and approved during any weekly Huddle.

On this _____ day of _____,

The Gale Family Game Plan is approved.

Coach _____

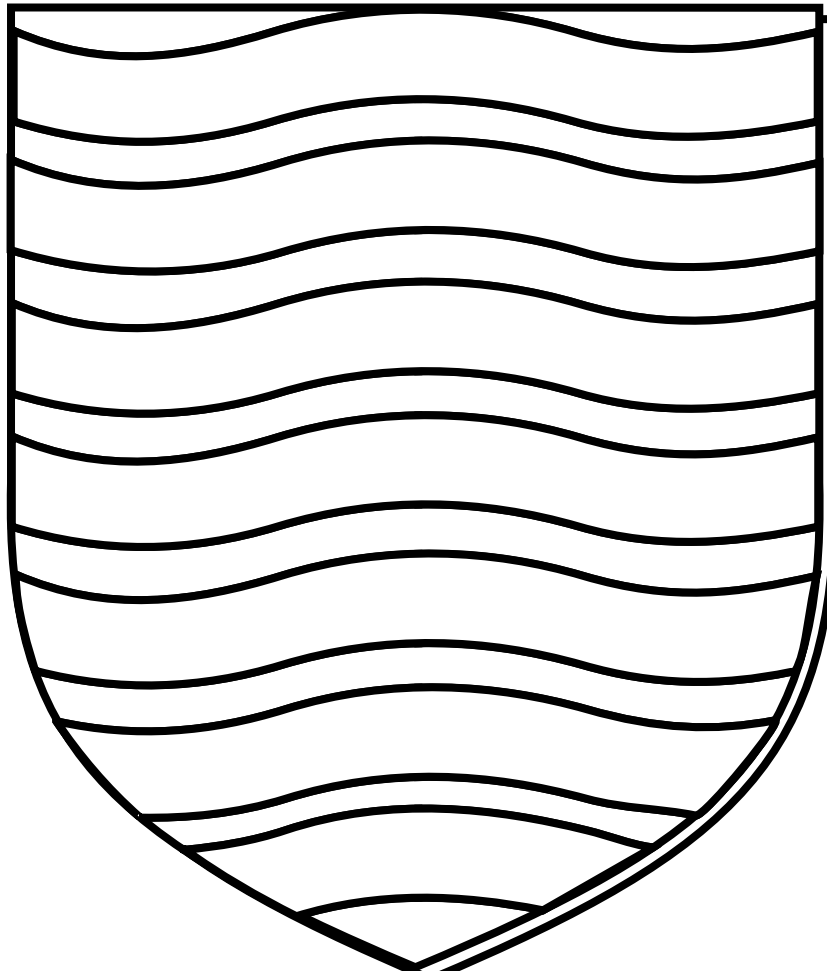
Coach _____

Players #11 _____

Players #8 _____



Castle Code



Castle Code

Hear ye... hear ye... come one and come all to the Kingdom of Gale



Royal Court

- King (Dad)
- Queen (Mom)
- Court Jester Jack
- Court Jester Max



Definitions

Broken Arrow - Broken rule.

Dropped Lance - Failure to perform chores or responsibilities on time.

Magic Theater - Usage of television, video games, computer and hand-held games.

Week - Monday to Sunday.

Round Table - Tuesday evening meetings. All members of the Royal Court shall listen, show respect, and provide ideas on how to improve the Kingdom.

King's Law

KING'S LAW 1. ATTITUDE & BEHAVIOR.

Royal Rules

- * Whining, complaining, yelling, and name-calling shall result in one verbal warning, followed by the Curses below.
- * Hitting, kicking, or intentionally damaging other people's stuff shall result in immediate Level 2 Curses.
- * Lying or parent-shopping shall result in immediate Level 3 Curses.

Curses

1. Five-minute time out;
2. One hour in room;
3. Twenty-four hours without Magic Theater for each Broken Arrow thereafter.

KING'S LAW 2. CHORES, HOMEWORK & RESPONSIBILITY.

Royal Rules

- * All members of the Royal Court shall be accountable for completing his or her chores, homework and other responsibilities on time, as defined on the Chore Chart.
- * No Magic Theater shall be allowed until all daily chores and responsibilities have been completed.
- * Chore Chart shall be reviewed at each weekly family meeting to assess performance by each individual.

Enchantments

- * Each week without a Dropped Lance - Full allowance
- * Four consecutive weeks without a Dropped Lance - Sleepover with friend at our house or theirs.

Curses

- * One Dropped Lance during a week - Loss of 1/2 allowance.
- * Two or more Dropped Lances during a week - Loss of entire allowance.
- * Each additional Dropped Lance - Loss of Magic Theater for one-day.



KING'S LAW 3. MAGIC THEATER

Royal Rules

- * No Magic Theater shall be allowed during weekday mornings.
- * During weekday evenings, Magic Theater shall be allowed only after all homework and chores are complete.
- * At any time, King or Queen can provide verbal warning that Magic Theater is ending and set a timer for 25 minutes; Magic Theater shall cease immediately when the timer sounds.

Curses

- * Each Magic Theater Broken Arrow shall result in a one-day loss of Magic Theater.



Castle Customs



BEDTIME

- * Each prince shall be responsible for being ready for bed, including brushed teeth, by his assigned bedtime. (Max- 8:30pm; Jack- 9:15pm).
- * If circumstances require princes to stay up past their bedtime, each shall be prepared for bed within 15 minutes of arriving home.

Enchantments

- * If a prince makes it to bed on time each night between Sunday and Thursday, then he can stay up until 10:00pm on Friday and Saturday night.

Curses

- * Each Bedtime Broken Arrow shall result in a bedtime 30 minutes earlier the following night.

MEALS & NUTRITION

- * Each prince shall be responsible for preparing their own breakfasts, lunches and snacks, unless King or Queen offers to help.
- * Each family member shall choose one healthy dinner meal per week for the family.
- * If a prince chooses not to eat a prepared dinner, he can prepare an alternative meal for himself (i.e. bread & butter, left-over's, etc.).
- * Dessert shall be available only to princes who eat enough dinner, as determined by King or Queen.

PERSONAL HYGIENE

- * Each prince shall each be responsible for getting himself dressed in clean clothes every day.
- * Each prince shall shower every morning before school; or they can bathe the night before.

Curses

- * First Broken Arrow shall result in a warning.
- * Each Broken Arrow thereafter shall result in a one-day loss of Magic Theater.



Merlin's Magic Wand

King and Queen must both approve each change to THE CASTLE CODE before it can take effect. Changes can be proposed, considered and approved during any weekly Round Table gathering.

On this _____ day of _____,

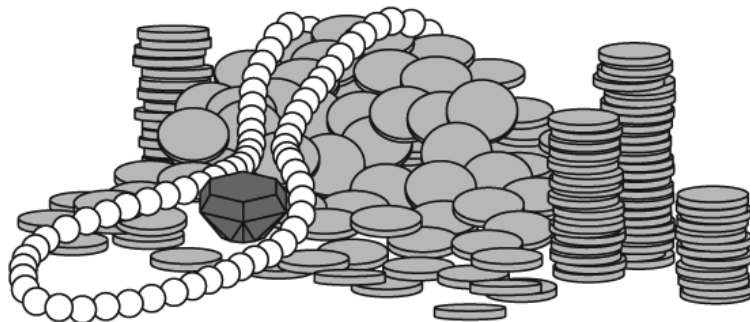
The KING'S LAW is approved.

King _____

Queen _____

Prince _____

Prince _____



Thank you for your interest in *Your Family Constitution* Ebooks. If you enjoyed this Ebook and would like to read more, please visit www.yourfamilyconstitution.com to learn about the book, *Your Family Constitution; A Modern Approach To Family Values and Household Structure*, as well as related tools and services to make parenting easier and more rewarding.

Inside *Your Family Constitution*™ you'll learn...

- The four most overlooked signs that your household is becoming “out of control”...and a step-by-step process for correcting problems and appreciating family time.
- How to determine which important traits you most want to pass on to your children....and how to effectively transfer those qualities in a fun and meaningful way.
- How to assess your emotional availability to your family....and how to make adjustments to ensure you have the time for what matters. An in-depth look at the 3C's (clarity, consistency and commitment) that every family needs to run smoothly.
- Inside tips on how to understand what motivates your kids....and how to use this information to find “win-win” solutions that really work.
- Ten fun and healthy activities that your family members can enjoy together...that don't need to be plugged in.
- The keys to anticipating “big kid” and teenage issues....and a method to solve challenges before they become topics of concern.
- Common symptoms of entitlement in today's youth culture....and how to teach your child the difference between “learn” and “deserve” before it's too late.

Thank you again for taking interest in *Your Family Constitution*.

Sincerely,



Your Family Constitution

“Enjoy Parenting to the Fullest and Raise Great Kids”