

THE VALUES JAR ...



Your child's values are the things that are most important to them, the things they feel inspired from within to do, the stuff that makes their little worlds tic. It is important to know your child's values, because this is where they will both give and receive love, where they will feel heard and respected, what they are most likely to hear and remember.

When we truly understand somebody else, by taking the time to know what is important to them, then we take our communication to a much deeper level.

This is a fun way to implement this into your daily family life and keep up to date with the ever-changing people in your home.

Grab an empty jar and label this your "Values Jar". Then fill it with all sorts of questions that you can pick at random when sitting down to a meal together.

Create your own questions, or print mine below. You can also pop your questions into a ziplock bag and take them out to dinner, on holiday, or to ponder in the car on the way to school.

Find out what your child is thinking about, dreaming about, working towards and excited to pursue. Get to know what makes them feel scared, what they need when they feel sad, and which of your rules they think are unfair. Share your own embarrassing moments, valued traits, and ideas on what could improve in the world.

Use these questions as a starting point for deeper conversations about life, love, friendships and faith. Find out just how deeply your little ones ponder, catch limiting beliefs before they grow, and entice your whole family into questioning the greater questions in life.

Most importantly, have fun getting to know each other!

To gain a deeper understanding of values and how these apply to parenting, please sign up to my parenting blog at www.transformationalparenting.guru



What is your favourite day of the week? Why?



What can you do that makes people laugh?

If you could design your own home, what would it look like?

❤️ What have you done today that you'd like to be acknowledged for?

What do you think it would be like to be very rich?

What do you think it would be like to be very poor?

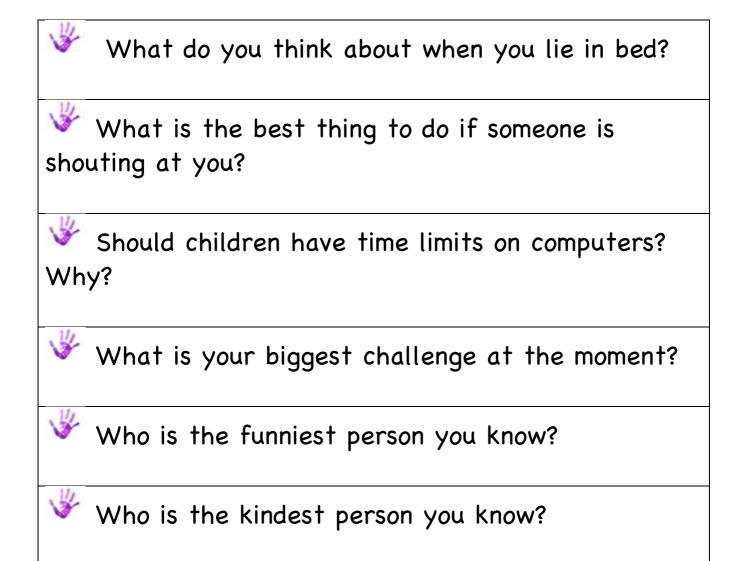
If you could ask anyone in the world one question, who would you ask and what would you ask?

When last did you get into trouble? What did you do?

Who is the first person you think of when you are afraid?



What are you most scared of?



To you want to have children one day? Why?

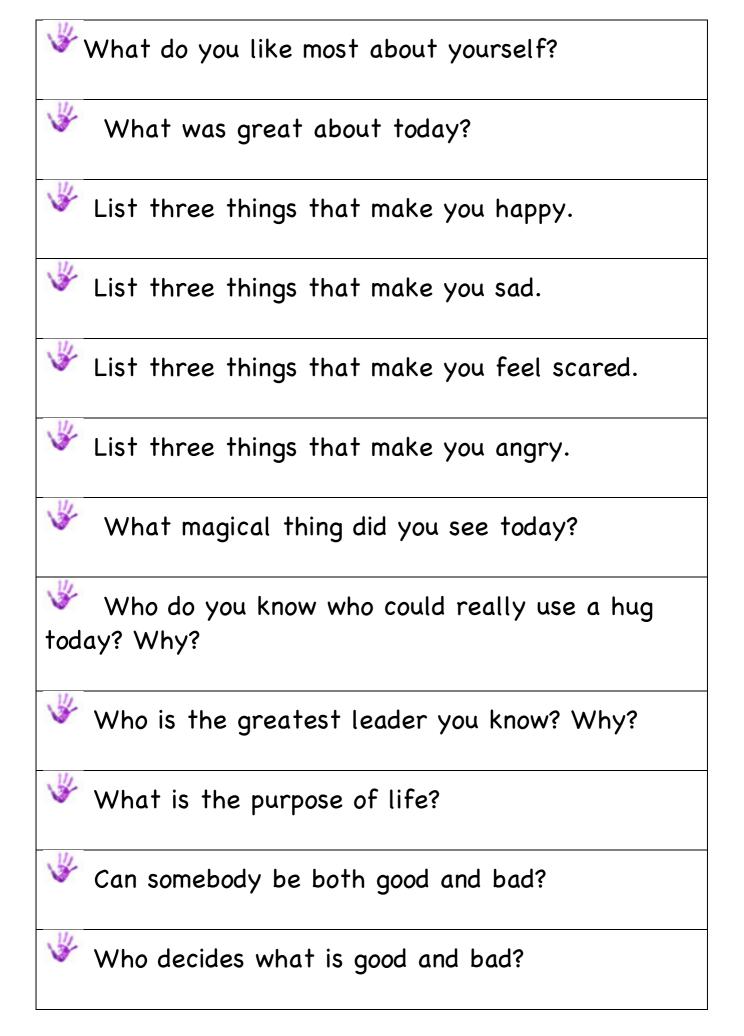
What are you grateful for today?

When last did you tell a lie? What did you say?

Would you be different if you had a different name? How?

How old are you? How old do you feel?





Have you ever done something you thought was good that turned out to be bad? Or something bad that turned out to be good?

What would you do if you were ruler of the world?

If you could be an insect for a day, which one would you be?

What is the best dream you've ever had?

What is the worst nightmare you've ever had?

What unresolved issues do we have that we need to talk about?

What was the most difficult thing you ever had to say?

How could you make your family even better?

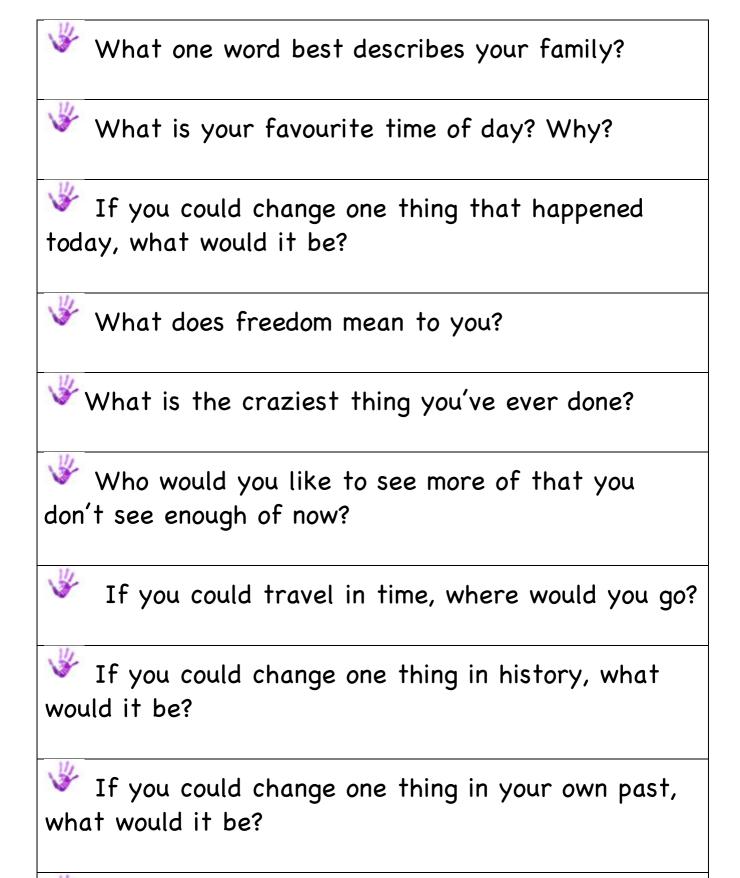
What is your favourite song?

What do children know more about than adults?

What is the most difficult thing about being a friend?
If you could switch places with anyone for a day, who would it be?
₩ How have you changed the world today?
Who makes you smile?
Why do you like living here?
What new rule do you think is needed in your home?
Which rule or law do you think should be abandoned?
If you could change one thing in your home, what would it be?
₩ How can you make a difference today?
Which world problem would you like to solve?

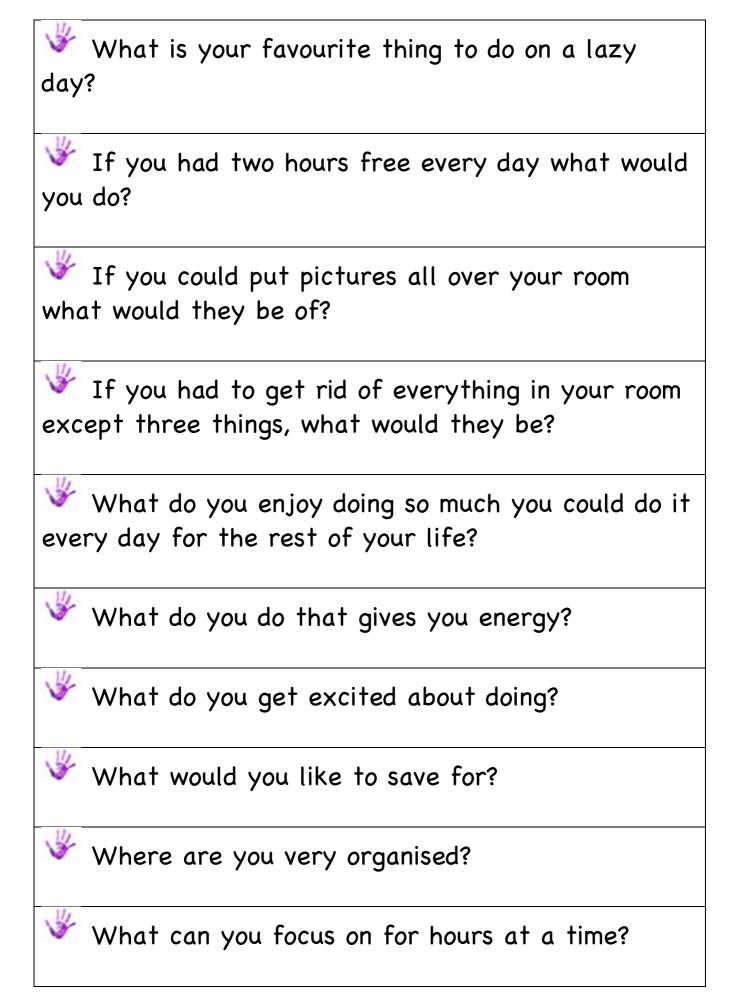


rule, what would it be?

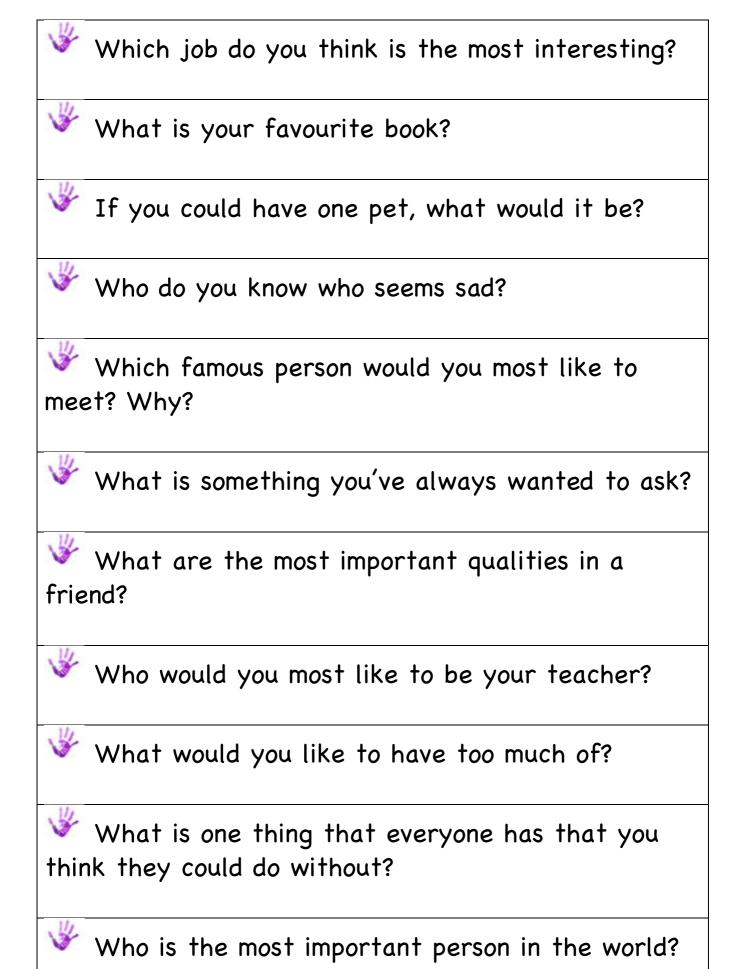


What is something that you are good at that you could teach others?

- What would you like to be doing in 5 years' time? And in 10 years?
- If you could only eat one food for the rest of your life, what would it be?
- If you could remove one food from the planet, what would it be?
- What is the most difficult decision you will ever have to make?
- If you could have one superpower, what would it be?
- What is the best thing that has ever happened to you?
- What is the worst thing that has ever happened to you? How did you cope and who helped you?
- If you had three wishes, what would they be? (You can't wish for money or more wishes)
- If you had a trunk full of money, what would you buy?







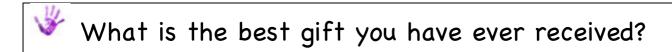


What is one decision that you regret making? What would you have done instead?

- How can you show someone else how much you care about them? What one nice thing can you do for somebody else today? What one nice thing can you do for yourself today? What would you do if you saw someone bullying someone else? What is the most important job in the world? Is it possible to help someone you've never met? How? If you could move anywhere in the world, where would you go? To you feel like you are a leader or a follower? Why?
- What are three things you want to do before you die?



day, what would it be?



If you were stranded on a desert island, what three things would you take with you?

If you were stranded on a desert island which one person would you take with you?

If you won the lottery, what would you do with the money?

If you had a trunk full of money to give to a charity, which charity would you choose?

What is the most exciting sport in the world? And the most boring?

If you won a gold medal at the Olympics, what would it be for?

If you could invent something to make life easier, what would it be?

If you could be one age for the rest of your life, what age would that be?



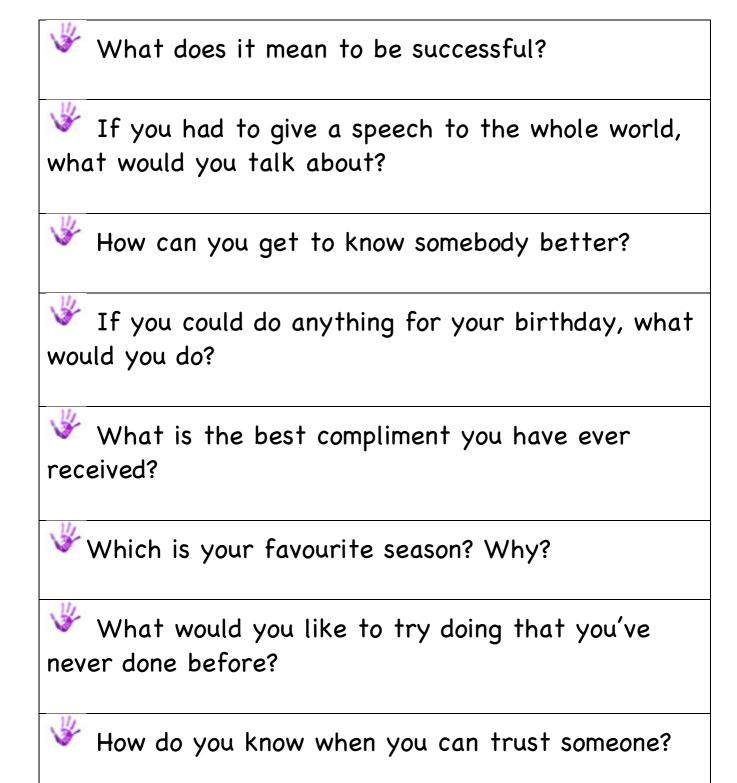
If you could ask God one question, what would it

be?

If you were president, what would you change in your country?
How can you help out at home and have fun doing it?
₩ Describe God
Describe the perfect friend
Describe the perfect parent
What prize would you most like to win?
What should a parent do if a child has a tantrum?
How can you tell if somebody loves you?
What is your favourite wild animal?
If you could be any animal, which one would you be?
₩ Which word describes you best?



conversation would you listen in on?



Which job do you think is the most boring?

If you were going to study something, which

three subjects would you choose?



What do you like to read about?

If you didn't have a name, gender, nationality, race or religion, how would you describe yourself?

What is good about keeping secrets? What is bad about it?

What one thing would you like to be remembered for?

Are animals as important as humans? Why?

If you could bring one extinct animal back to life, which one would you choose?

Who would miss you if you disappeared?

What is your favourite word?