

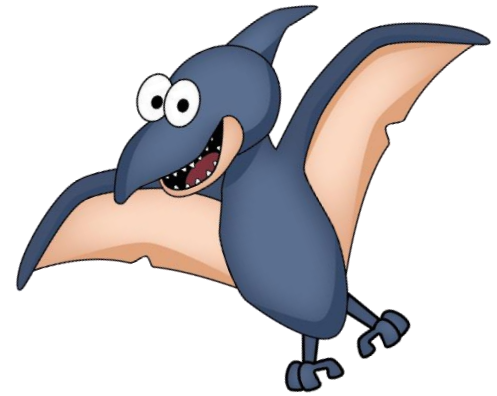


**Week One**

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# BEFORE YOU START



The beauty of Family Night Adventures! is that you get to do them anyway you want. Here are some suggested ideas to start your first Family Night Adventure off with a bang!



- The day before your first Family Night Adventure hang some Caveman Rock posters where your children can see them. Ex: back of front door, children's bathroom mirror, refrigerator, etc.

[Click here for a downloadable template](#)



- You may enjoy decorating your house with a bit of a caveman jungle theme. Kids love it. You can decorate their rooms, or add a splash of jungle to their bathroom. Think "What would Disneyland do?"



- Before starting each week, we are going to create an atmosphere in your home that tells everyone that Family Night is very special. About a half an hour before have your children help you "set" the house. Light the candles and the fireplace if you have one, turn on the Caveman Rock CD, and prepare for "Roll" Call, that when you serve your treats and hot cocoa and latte's. This give everyone a chance to savor the moment and switch gears. It's also a great time to give out some Atta boys for accomplishments that took place during the week.

NOTE: Decorating can totally be a Family Night Activity. You can plan a date to go shopping together to transform your children's rooms or just find some fun accessories for the house. Again, it's your choice. You can go big or go small, but you'll find the more you get into it, the more your children will get out of it.



- Send your children an official invitation to invite them to your families first official Family Night Adventure!



- Depending on the age of your children, you might find they love wearing caveman costumes or accessories! They could be as simple as a print scarf, a fabric scrap tied around the forehead, or print bows.

[Click here for a downloadable template](#)



**CHAMPIONEERS!**  
**CAVEMAN ROCK**

## Family Night Adventure #1

### I'll Be Me and You Be You!

- **Key:** Like yourself
- **Concept:** Comparison
- **Workbook pages 10-11**
- **Sing-Along CD:** What Makes Me Rock

### Family Night Agenda

1. **Intro to Family Night**
2. **Create Family Night Rules**
3. **Video:** Intro: Episode #1
4. **Storytime:** Measuring Up
5. **Discussion:** Workbook pages 10-11
6. **Video:** Lesson #1: Comparison
7. **Activity:** Stuffed animal comparison
8. **Game:** "What's Different?" Game
9. **Review**
10. **Leadership Challenge:**  
The Grateful Game

### Activity

- Creating Family Night Rules
- "What's Different?" Game

### Food Idea

- No Bake Peanut Butter Boulder Bites

### Materials

- 2-3 different kinds of stuffed animals
- Paper for writing down Family Night Rules.

### In a Nutshell

Start family night off with a bang! Establish Family Night Rules and discuss peer pressure and comparing. Share a childhood story about comparing yourself to others and relate it to Al-x. Wrap up with the leadership challenge to play the Grateful Game, every night.

# Lesson One - Quick View



<b>1</b>	Intro to Family Night Adventures	Set the tone for your family	Pass out cookies (Family Night Treats), hot cocoa and latte's. Tell your kids about Family Nights and how much fun you are all going to have.
<b>2</b>	Family Rules	Establish Family Rules.	Create 5 or 6 guidelines based on honor, fairness, and kindness that your family contributes and all agree on and to.
<b>3</b>	Video: Episode #1	Intro to Caveman Rock	Measuring Up – Hairy and Shag introduction.
<b>4</b>	Storytime	Comparing: There's no best, just different.	Measuring Up
<b>5</b>	Discussion	Comparison Workbook 10-11	I'll be me and you be you. Comparison. Show stuffed animal comparison.
<b>6</b>	Video: Lesson #1	Comparing: There's no best, just different.	Show the video of Hairy and Shag comparing hair.
<b>7</b>	Activity	Comparison	What's Different? Game
<b>8</b>	Review	Reinforce concepts	What do we know? What did we learn tonight?
<b>9</b>	Leadership Challenge	Reinforcement and internalization	The Grateful Game. Leaders like who they are.
<b>10</b>	Sing Along CD	Reinforcement and internalization	<i>What Makes Me Rock</i>

# Lesson Details

## 1. Intro to Family Night Adventures

- Welcome your family to their new Caveman Rock Family Night Adventure.
- Pass out all the Student Leadership Packs and enjoy going through the different items.
- Read pages 4-5 together.
- Read page 6 (let your children read) and practice saying the Caveman Creed together.
- Fill out page 7 with each child's name.
- Parents explain the challenge rewards and how your children earn them each week! Yay! I'd encourage you to use the Honor Pin as the ultimate reward for completing all the leadership challenges (collectables are purchased separately).

## 2. Family Night Rules

Family Night rules will prove to be the Holy Grail in your home when it comes to Family Nights. Children have an innate sense of fairness... if it's in their favor. If you do not already have your Family Rules established, then take a few minutes to create them.

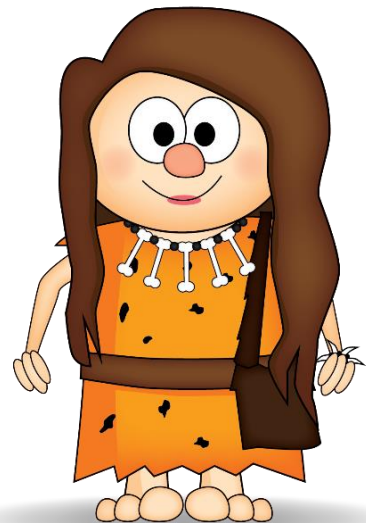
- Allow everyone to participate by brainstorming rules. Write them all over a whiteboard, poster board, or piece of

paper. Include everything that is contributed no matter how silly.

- Give each family member who can read a different color crayon and ask them to circle the top 5 or 10 (depending on how many you have) that they feel are very important.
- Choose the rules that receive the most votes as your top rules. Parents should add any additional rules that may have been forgotten.

Here are some suggestions for Family Night Rules. They don't have to be fancy, just clear and simple. The fewer words, the better.

- Share fair
- Nice words
- Best manners (please & thank You)
- Everyone helps
- Everyone counts
- Take turns
- No gloating winners or grumpy losers



## ADVENTURE THEATER

### 3. Video: Episode #1

#### Intro to Caveman Rock

Play the Champions! Intro video for your children. Make a big deal out of how much fun you're all going to have!

### 4. Storytime

Storytime is one of the most important parts of Family Night Adventures because it carries the message of the unit. Storytime is meant to be short and sweet and to the point. Make an effort to make it the highlight of the evening with all the enthusiasm you can muster in your presentation.

Immediately follow it with the Student Leadership Workbook discussion and activity to reinforce the message throughout the evening.

Note: Children need one simple message repeated over and over and over, and given in many different ways. Each week we will reinforce just one piece of the bigger message.

### 5. Discussion

#### I'll Be Me and You Be You

Read pages 10-11, stopping before you read the Leadership Challenge. Ask open-ended questions of your family to encourage everyone to share. Older children will understand the connection between comparing and peer pressure but younger children may not understand the basic concept. This example may be helpful.

Gather an assortment of stuffed animals to aid in the visual effect of differences. Tell your children to look at these adorable stuffed animals. They are not the same. They are different sizes and shapes. That's what makes each one unique and special. We would never think that one is not tall enough or that one has ears that are too big, but people do that all the time. We compare ourselves to each other to see what's the same and what's different than everyone else. Who's to say that one person is any better than another or that being taller is better than being shorter. Every person is absolutely, perfectly wonderful.



## LESSON CLICK-CLASS

### 6. Video: Lesson #1 Looking Good!

Hairy and Shag compare their hair to determine which is best. Ham it up with them! Discussion: Who has blond hair? Who has brown hair? (and so on) They are all the best color! Ask your children to compare themselves with each other. What is similar and what is different?

Encourage your children to comment and ask questions on all the lessons.

### 7. Activity What's Different?

Split your family into teams of two. If you prefer you can have just two members of your family play. Have teammates face each other. Instruct them to turn around so they are now back to back and can't see each other. Give them 10 seconds to change 3 things about themselves. They might quickly change their hair, take off their glasses, roll up their sleeves, Take off their shoes, etc. Then have teammates face each other again and try to guess

what is different about the other person.

*Note: The younger your children are the less likely they'll be able to identify the changes, so keep this in mind if they participate. You might need to make HUGE changes that they absolutely can't miss.*

### 8. Review

- What do we know? What did we learn tonight?
- Comparing
- Song: *What Makes Me Rock*

## LEADERSHIP CHALLENGE

### 9. Leadership Challenge The Grateful Game

Start with your toes and tell yourself how much you like having your toes. Can you imagine if you didn't have even one toe? Your balance would be off. Go from your toes, to your feet, ankles, knees, bones, hips, back, ribs, organs, arms, hands, fingers, head, eyes, mouth, ears, hair, etc. Think about how amazing each part of the human body is and tell yourself how grateful you are for every part of you.