

Month Eight: Commitment

"Doing what you said you'd do, when you said you'd do it"

- commitment begins with a strong belief in whatever they commit themselves to

Questions for Thought:

1. What's the difference between a promise and a commitment?
2. Are children keeping their commitments or yours?
3. What does making a commitment really mean?

Daily Exercise: A Living Commitment

Supplies: pack of seeds, dirt, plant container

How it works: Each child chooses a plant or seed packet. They are then responsible for keeping the plant alive without any reminders from you.

Variations: Start seeds in warm water so kids can see the changes.

Weekly Exercise: The Contract

Supplies: Contract Template

How it works: Have each child commit to doing something each week, and sign a contract stating their specific responsibilities.

Variations: For small children, keep the commitment simple – one or two items.

One-Time Exercise: Our Commitment to the Environment

Supplies: Varies

How it works: Make a commitment to the environment, listing specific things you could do as a family.

Variations: Choose something else your family cares about and make a commitment to that (i.e. Family Day, commitment to physical fitness).