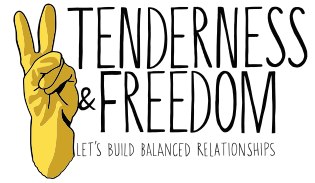


# FAMILY BANK



“Family bank” is a team game, and its specific rules are agreed jointly by the game’s participants who adjust them to the preferences of the players. Below you will find the proposed instruction manual for the game. However, you can modify it according to your own needs.

## Rules of the game

### 1. SCORING

Together, prepare a list of household chores, dividing them into three groups: EVERYDAY, BIG, VERY BIG.

#### The EVERYDAY group

15 of the simplest, little absorbing activities (e.g. making the bed, setting the table, taking dishes out of the dishwasher). Each task on the EVERYDAY list is worth 1 point.

#### The BIG group

10 chores which are done frequently but not every day and require greater commitment. This could be, for example, cleaning the bathtub, changing the bedsheets, hoovering the apartment or doing the laundry. The tasks on this list are worth 2 points.

#### The VERY BIG group

5 chores done several times a month, which require a lot of commitment. The list may include, for example, tidying the room, cleaning the bathroom, kitchen, doing weekly shopping for the whole family, washing the car, etc. Activities on this list are worth 3 points.

#### JOKER

The Joker is given for performing a very rare task or one that is not on any list, e.g. seasonal tyre changes in the car or a visit to the vet. The value of the task is determined by the game’s participants – 1, 2 or 3 points can be awarded for it.

Write down the activities you agree on.

#### Supporting questions for scoring:

- What household activities do you think consume the most amount of time and work? *Take your score into account when determining the point value of these types of housework.*
- Which activities do you like the most, and which do you like the least? *If the lists contain a chore that nobody at home wants/likes to do – its value increases.*
- What exactly does it mean for you to perform a task from the BIG and VERY BIG lists? *Discuss exactly what you mean by, for example, “cleaning the kitchen” – is it washing up and wiping kitchen worktops, or sweeping the floor and throwing away the rubbish? Agree on the scope together so that each participant knows what criteria you are applying.*

## Rules of the game

### 2. RECORDING AND COUNTING UP THE SCORE

On a piece of paper, create a table containing a column for each participant. You can create individual tables marked with a name or use different colours for each player. Choose a way that works best for you to keep score.

| NAME  | _____  | _____  | _____  | _____  |
|---|--|--|--|--|
| points collected during the week<br>[e.g. 27 April-3 May] | _____<br>_____<br>_____<br>_____<br>_____<br>_____ | _____<br>_____<br>_____<br>_____<br>_____<br>_____ | _____<br>_____<br>_____<br>_____<br>_____<br>_____ | _____<br>_____<br>_____<br>_____<br>_____<br>_____ |
| End-of-week total score:                                  | _____<br>_____                                     | _____<br>_____                                     | _____<br>_____                                     | _____<br>_____                                     |
| Together we scored a total of:                            | _____ points                                       |  |  |  |

Find an easily accessible place to hang up the table and the lists of EVERYDAY, BIG and VERY BIG tasks you agree on.

#### Supporting questions for counting up the score

- What do you think when you look at the points collected during the week?
- Have all the game's participants engaged in collecting points to the same degree?
- Would you like to propose any changes to the division next week?

#### Rules of the game

### 3. PAYMENT FROM THE FAMILY BANK – AWARDS

Determine the number of points that allow you to make a withdrawal from your family bank, i.e. to choose an award.

In the case of a weekly award it can be e.g. 50 points, and in the case of a monthly award – e.g. 200 points. The more people there are in your house, the more points you will be able to collect in a week.

#### How to determine the number of points which is optimal for you?

Discuss the examples of activities usually performed throughout the day and then multiply them by 6 – because it is worth resting on the seventh day 😊.

#### Agree on the awards that will be enjoyable for everyone

– however, it is essential that you can afford them so as not to postpone the withdrawal from the family bank.

There are two award categories in the game.

#### MONTHLY AWARD

- An award for which several people have worked over the whole month – here you sum up all the points earned during a given month. The award can be e.g. a board game, a trip out of town or going out to a restaurant together – it is important that it should make all of you happy.

#### WEEKLY AWARD

- A small but noticeable award. Together, think of what will give you the greatest joy and at the same time will be quick to implement (regardless of the external conditions), e.g. a pizza evening, watching a film together or a family bicycle trip.

**IMPORTANT:** Don't postpone the award. Set a deadline for the award immediately after it has been chosen.