

# middle school



## ACTIVITY

Faith at  
home

# middle school



## Parent Report Card

Use this activity to open meaningful dialogue and better understand how your child perceives your parenting.

### Prep:

- Reflect and fill out the report card as you think your child would.
- Pick a relaxed time to invite your child to “grade” you—perhaps after they get their own report card from school
- Listen without defending. Thank them and later review the input with your spouse or a trusted friend to create a “study plan”.

### Description Grade

- Makes me feel loved and valued
- Listens and cares about how I feel
- Spends enough time with me
- Gives me appropriate trust
- Is truthful with me
- Makes the family a priority
- Is fair with rules and responsibilities
- Disciplines calmly and appropriately
- Admits when he/she is wrong

### Overall Grade:

On a scale of 1-10 (10 being best) what kind of relationship do you want to have with your parent?

Considering all things, on the same scale, where are you today in your relationship with your parent?

What are 1-3 things your parent could do for you to make your relationship better than ever?

