



# PARENT GUIDE

## Everfrost Mountain: Responsibility Story Pack 1

### Hi Parents!

This quick guide will help you understand what your child will be experiencing in the Everfrost Mountain Responsibility Story Pack #1 for Buddy Quest. It includes a brief overview of what your child is learning, as well as all the instructions and notes for their Real Hero Quests.

We want to make YOUR experience with Buddy Quest fun and easy, too. You will:

- 1. Receive notifications when your child has been given a “Real Hero Quest” in the game. They’ll be assigned one simple task in their real lives that reinforces the virtue they’re learning.**
- 2. Be prompted to have a simple chat with your child about the task. It’s a great chance for you to affirm the good things your child is doing.**
- 3. Tap your approval that the Real Hero Quest is done. This will let your child proceed in the game.**

That’s it! The more your child plays and experiences Buddy Quest, the more they’ll understand how virtues will make them a new kind of superhero.

After completing all the episodes in this Story Pack, your child will earn a Responsibility badge. Each badge is a symbol of your child’s progress in mastering each virtue.

You are an awesome parent! Thanks for making Buddy Quest a part of your family’s life.

### Episode 1 Real Hero Quest

Your child is learning about responsibility. Their Real Hero Quest is to find something in your home that needs to be organized, and organize it, such as a kitchen drawer, the linen closet, or a bookshelf. They’re learning that being responsible means being thoughtful about other people’s things.

After they completes their Quest, have them name 1 or 2 things that people do for them that help make their life better. Explain briefly why you think being responsible makes other people happy.

After your chat, tap the “Quest Complete” button.

Way to go! You are a super parent today because you helped your child practice responsibility in their real life.

### Grow Deeper

As you give your child responsibilities, be specific about what you’re asking them to do. Instead of saying, “Clean your room,” tell them to “Pick everything off the floor” or “Put all your books back on the bookshelf.”

This is a common strategy for leaders who are trying to recruit volunteers. Rather than ask for open-ended support like, “Can you serve on my committee?”, effective leaders make specific requests such as, “Can you mail these 15 envelopes?” or “Would you greet the guests for half an hour?”

It can feel overwhelming for both kids and grown-ups when the expectations are vague or too big. Help children conquer responsibility in clear, bite-size tasks. When they know exactly what to be responsible for, they’ll feel good about accomplishing goals and making others happy.



# PARENT GUIDE

## Episode 3 Real Hero Quest

Your child is mastering the virtue of responsibility. This Real Hero Quest has them draw a mini-poster for a friend or family member that says, “Talking with you makes everything better.” They’re discovering that being responsible means communicating directly and clearly with others.

After your child completes their Quest, ask them:

**“How does being clear with each other help us be responsible?”** If you want, tell about a time in your life when it would have been helpful if you had done a better job of communicating with someone directly.

After your chat, tap the “Quest Complete” button.

Great job! You took another leap forward in helping your child practice real responsibility in their life.

### Grow Deeper

Asking specific questions is a highly effective way of communicating directly with your kids and having more meaningful conversations. Don’t ask questions that can be answered with one word, such as: “How was school today?” Instead, go straight for the details. “What was something that made you happy at school today?” or “What did you and your friends play at recess?”

If a possible response is “yes” or “no,” then it’s not a good question.

When it comes to better conversations, keep in mind two simple principles: 1. Ask follow-up questions to get them to tell their story. 2. Listen. Really listen, giving them the gift of your full presence.

If you really want to get your family talking, check out the Gabbit app. It’s made by the same team that brought you Buddy Quest.

## Episode 5 Real Hero Quest

Your child is exploring what responsibility really means. His new Real Hero Quest is to ask YOU if they can help you with something. They’re learning that the best time to be responsible is right now—don’t wait till later.

Give your a simple task or chore. After they complete the Quest, ask them why they think it’s better to be responsible in the moment instead of waiting. Then, be a good example and do one thing that you’ve been putting off!

After your chat, tap the “Quest Complete” button.

Stellar work! You are an awesome parent for helping your child practice another aspect of responsibility.

### Grow Deeper

When it comes to teaching kids responsibility, avoid any expectation of perfection. Sure, we want our kids to do a good job and to make a solid effort. But kids can easily feel deflated when their help is criticized. Some examples:

- “I’d glad you made your bed, but you didn’t tuck in the sheet all the way in the corner.”
- “Next time you put the dishes in the dishwasher, pack the cups closer together. You’re wasting space!”
- “Thanks for sweeping the floor, but why didn’t you get all the dust bunnies under the table?”

You’re raising a family, not commanding a military base. Kids WILL do an average or even below average job, more often than not. But stay positive about what a good job looks like. Praise their help, don’t focus on their shortcomings.



# PARENT GUIDE

## Episode 7 Real Hero Quest

Your child is digging deeper into what it's like to be a good friend. Today's Real Hero Quest is to find one chore you do around the house (feed the pet, put away dishes, etc.), then think of one thing they can do to do that job even better ... then do it. They're learning that being responsible sometimes means doing more than expected.

When your child completes the Quest, ask:

**“How do you think other people feel when you do more than they asked?”**

After your chat, tap the “Quest Complete” button.

This Real Hero Quest helped your child take responsibility to a new level in their life.

### Grow Deeper

Above and beyond. The extra mile. Giving 110%.

We've got a lot of cliches for doing more than required. But when it comes to responsibility, it's a good standard to live by. And it's especially helpful to teach our kids.

Why? It's not because we want to impress anyone. It's not because we have anything to prove. And it's certainly not about working hard. It's really all about relationship.

When we care about someone, we want to please them. We want to put a smile on their face. We want to surprise them with our compassion. Taking our responsibility to the level of “the extra mile” is a perfect way to do that. When our responsibility is combined with generosity, everybody wins.

## Episode 9 Real Hero Quest

This is the last Real Hero Quest in this Story Pack. Your child has been learning all about the importance of responsibility.

Their Real Hero Quest is simple: Do one helpful thing around the house without telling anybody about it. They're discovering that being responsible isn't about being better than someone else. It's about taking care of things that are important to other people.

After your child completes their Quest, simply tell your child how proud you are of how responsible they've been lately. Hug them!

Now tap the “Quest Complete” button.

All of these Real Hero Quests have helped your child see first-hand how responsibility works in real life.

### Grow Deeper

Our kids love to hear our praise. Sometimes our spoken words and hugs can go a long way in affirming our kids' positive behavior. And sometimes they could use just a little bit more.

This Real Hero Quest had you affirm and hug your child. Go a step further and write an encouraging note to them. Tell them in your own words how pleased you are that they've shown how responsible they can be. Then place the note in their lunchbox, on their pillow, or other spot where they can read the note in private.

They may not say anything to you about it, but you can rest assured that your positive words went a long way in reinforcing the kind of virtuous attitude you want your child to grow up with.