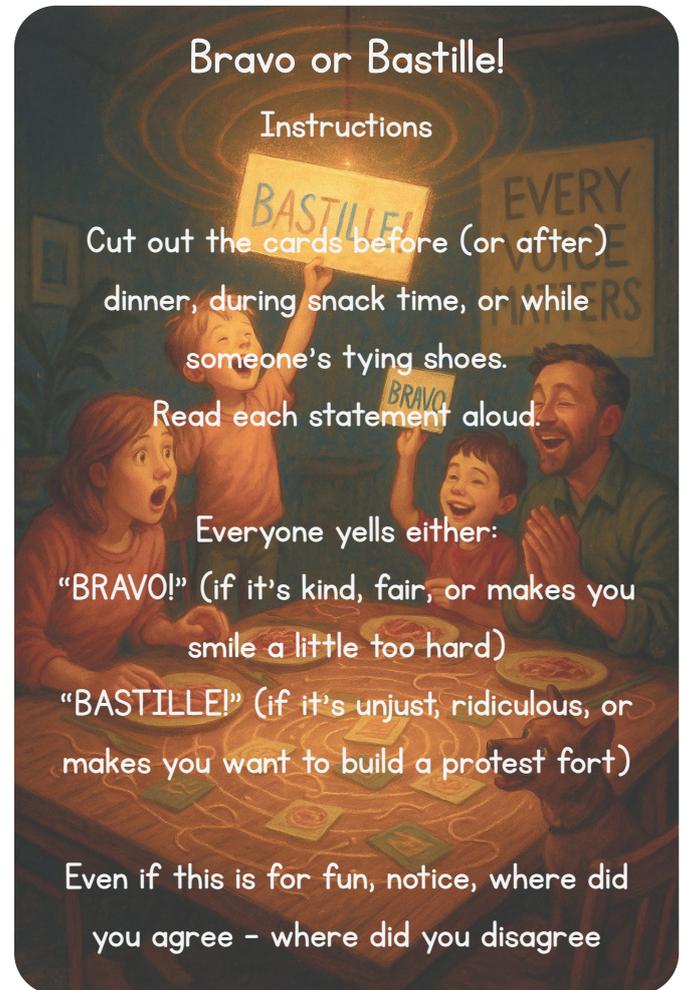
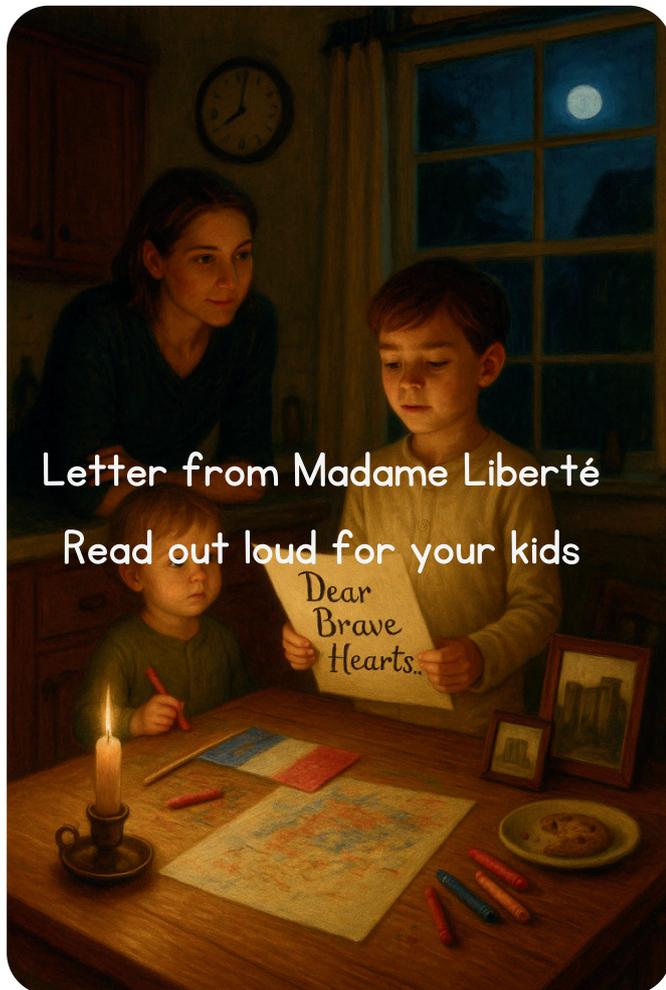


Your Family Guide to a Super Powered Jour de la Bastille

Uprising Poster



Dear Bravehearts

Bonjour, my little torchbearers of truth and bedtime negotiations.

I am Madame Liberté - not a queen, not a general, not even a grown-up with a driver's license. I am something far older and far softer: the spirit of freedom. Of fairness. Of voices rising - even the tiny ones - and being heard.

A long time ago, in a city full of cobblestone streets and courage, people stormed a big, scary building called the Bastille. Not because they were angry (though, okay, they were). But because they believed something powerful: That ordinary people deserve dignity.

That your history - even if it's a messy, loud, crayon-streaked one - matter.

That every voice, no matter how small or squeaky or snack-demanding has meaning.

And now? That spirit lives in you.

When you speak up with kindness... when you listen with your whole heart... when you help someone feel safe being exactly who they are - you are living your own revolution. You don't need fireworks (though, let's be honest, they are very cool). You need your voice, your heart, and your belief that fairness should feel like a biiiiig family hug.

Now go carry on the spirit. Stand tall. Be loud with love.

And never forget:

You are what freedom feels like - in socks, in pajamas and in the middle of your third snack of the day. As long as you speak up with kindness and an open heart.

Avec affection,

Madame Liberté

Spirit of the Revolution (and Midnight Kitchen Raids)





We fight for:





A family story inspired by jour de la Bastille



“Juliette and the Tuesday Revolution”

It was Tuesday. Again.

Juliette sat at the kitchen table, picking the crust off her sandwich, watching her little brother Max bang on a pot like it owed him money.

Their dad was on his phone. Their mom was folding socks. No one was listening to - even noticing Max’s big symphony.

Juliette took a deep breath.

“Maman, Papa,” she said, “Can we have a.... meeting?”

Her parents looked up. “A what?”

“A family meeting,” she said. “Like... for real things. Not just when the Wi-Fi is broken.”

There was a pause. The sock folding stopped.

“Okay,” her dad said. “When?”

“Now,” said Juliette. “Because I have a list.”

Later that evening, they sat on the living room floor. Juliette brought her notebook. Max brought three raisins and a sticky toy giraffe.

“Here’s what I want to say,” Juliette began. “We don’t get to help make the rules. We always get told all the rules.”

Her parents raised their eyebrows, but stayed quiet.

Juliette continued:

“I think we should vote on snack options.

And everyone should get to pick a dinner once a week.

Also... bedtime doesn’t feel fair. Max gets three songs. I get one story.”

Max yelled, “RAISIN MEETING!” but no one was sure what that meant.

Then Juliette looked down.

“And sometimes... I just want you to ask what we think. Even if you don’t agree.”

Her mom nodded slowly.

Her dad smiled — a tired, proud kind of smile.

“You’re right,” he said. “Sometimes his house is kind of a monarchy.”

“What’s a monarchy?” Max whispered to the giraffe.

“It means we’ve been making the rules without listening enough,” her mom explained. “Let’s fix that.”

That night, they wrote a new family charter.

It had things like:

“One Kid Dinner Night” every Friday

Shared quiet time, even if the podcast is weird

Snack votes on weekends

Feelings can be expressed — even the big ones

Everyone gets to talk. Everyone has to listen.

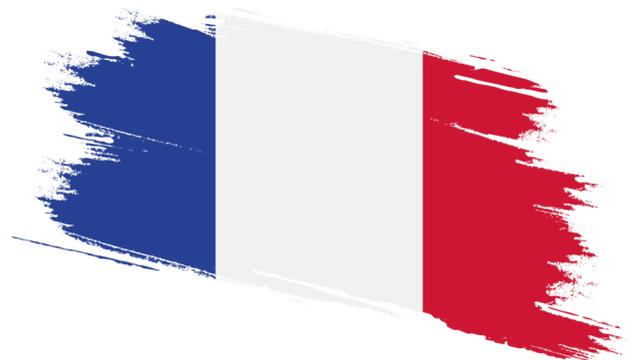
It wasn’t perfect. Max was sad that the raisins didn’t get a snack vote. Juliette got mad when her bedtime was only extended by 5 minutes.

But something had changed.

There was voice.

There was a little bit more... liberté.

Vive la révolution - et la fin!



Bravo or Bastille!

Cut out the cards before (or after) dinner, during snack time, or while someone's tying shoes.

Read each statement aloud. Everyone yells either:

"BASTILLE!" (if it's unjust, ridiculous, or makes you want to build a protest fort)

"BRAVO!" (if it's kind, fair, or makes you smile a little too hard)

Even if this is for fun, notice, where did you agree - where did you disagree

 Bravo or Bastille 



Only parents are allowed to speak during dinner.

 Bravo or Bastille 



Everyone should be quiet when the TV is on.

 Bravo or Bastille 



Sharing at least one snack is mandatory

 Bravo or Bastille 



Kids should get to plan the entire day once a month (note: comes with obligations)

 Bravo or Bastille 



Grown-ups never make mistakes.

 Bravo or Bastille 



A hug is worth twice as much as winning an argument.

 Bravo or Bastille 



You should never ask interrupt during bedtime stories

 Bravo or Bastille 



Every family should have one weird, made-up routine every morning



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Bravo or Bastille



Siblings must all like the same things.



Bravo or Bastille



We can say "I don't know" and still be wise.



Bravo or Bastille



Siblings must compete for attention.



Bravo or Bastille



Everyone deserves a voice, also the tiny ones. Even the pet. And the mailman.



Bravo or Bastille



We have house rules that are outdated



Bravo or Bastille



Listening is louder than shouting



Bravo or Bastille



Being silly is a form of bravery.



Bravo or Bastille



Healthy food is tasty food



Bravo or Bastille!

Make Your Own
Bravo or Bastille Cards

