

# HANG TIME APRIL 2017

## ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES



### FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

**GIVE A THUMBS UP AND THUMBS DOWN!** Circle up around the dinner table (Hint: This is best to do when you're actually having dinner.) and ask everyone to share something about the day that went well (Thumbs up!) and something that was a bummer (Thumbs down.). Use a spinner (There's an app for that!) or designate a tiny tot to choose who goes next as you share. Take turns listening to everyone's day and encouraging when needed while eating spaghetti and deciding who gets that last piece of garlic bread.



### WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

**CHOOSE YOUR TRADITIONS!** Gather the family and brainstorm the traditions you want to create for celebrating Easter. One you can add is inviting some of your kids' favorite adults to help decorate eggs or have an Easter egg hunt. You can even make skillet s'mores out of those colorful Peeps (It's a thing!) for a sweet treat!



### CREATE A RHYTHM

Increase the quantity of quality times you spend together.

**FOOL A FRIEND!** Make fun memories planning some silly shenanigans to pull off with your kids. Dye milk blue, cut out some brown "E's" and tell them you made "brownies," or freeze some fake bugs in ice cubes, and serve water (with the special ice cubes) at dinner. You'll be sure to experience some instant laughter and create stories your kids will love to share.



### IMAGINE THE END

Focus your priorities on what matters most.

**SPRING INTO SERVICE!** Once the wintery weather makes its way out, search for those garden gloves and paint-spattered clothes hiding in the closet. Get outside and work as a family to make something beautiful again. Volunteer for a park clean-up or to spruce up a little league baseball field together. Help your kids learn what it means to be a good neighbor. When you're done, gather around and talk about how the day made you feel, and give everyone a chance to share what they experienced.



### JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

**RENEW YOU!** Spring is a time for growth and renewal. As you see signs of new life sprouting all around you, let those signs remind you that you need to be intentional about your own spiritual growth. Think about a few things you can begin doing that will renew you. Maybe getting up earlier to have a devotion with your coffee before the kiddos wake up? A new book or podcast to learn and grow? Time away for prayer and reflection? Pick things that work for you!