

# HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

MAY 2017

## FIGHT FOR THE HEART

**Communicate in a style that gives the relationship value.**

Eat popsicles on the porch. Celebrate the end of school and longer summer days with popsicles outside (for older kids make frozen iced coffees). Sit together and talk about what they enjoyed most about school this past year. Ask: What was hard? Who did you hang out with the most? What do you look forward to doing this summer? Make it a no-cell-phone zone, and practice being completely present with your kids.

## WIDEN THE CIRCLE

**Pursue strategic relationships for your kids.**

Send kudos. As spring sports and the school year come to an end, make a point to say a big thank you to the teachers, church leaders, and coaches in your kid's life. Send a heartfelt note, text, or handwritten card to say thanks. Want to really brighten their day? Talk them up to their boss, principal or staff supervisor, too.

## CREATE A RHYTHM

**Increase the quantity of quality times you spend together.**

Shiver me timbers. Arrrg! Dress up in pirate costumes, plan a treasure hunt, sword fight with pool noodles, read pirate books at the library, grab some cheesy pirate popcorn [called Pirate's Booty!] Got older kiddos? Catch a matinee of the new Pirates of the Caribbean movie, Dead Men Tell No Tales.

## IMAGINE THE END

**Focus your priorities on what matters most.**

Form a babysitter's club. Call a family meeting and together think of a single mom who could use a girls night out or enjoy uninterrupted kid-free time to catch up on their favorite Netflix shows. Decide on a night your family can offer free babysitting. Or you can assemble a meal to take a meal prep off her busy plate.

## JUST FOR YOU: MAKE IT PERSONAL

**Put yourself first when it comes to personal growth.**

Savor the silence. After the kids head to school or are off to bed, try enjoying a bit of silence. Turn down the lights. Turn your phone off. All the way off. Power down any TVs or computer screens that might interrupt. Even if it's only for ten minutes, practice sitting in silence and soak in some peace.