

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

JUNE 2017

FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Flip bottles Enjoy the warmer weather and spend one-on-one time taking a walk or going on a short drive to a local convenience store. Let your kids pick out their favorite bottled beverage. Didn't guzzle down the whole 16oz of cherry soda? Humor your kids and have some fun with probability, and show them you can bottle flip too. Surprise your kids by clueing them in that the shape of a Deer Park water bottle makes it the best brand for flipping.

WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Host a backyard campfire. Invite people from your neighborhood or small group. Roast hot dogs on sticks, try a pudgy pie [google it, it's fun!] and finish off with s'mores. Spend time deepening and relationships with people you want investing in your kids' lives.

CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Go picking. Take your family to a "pick your own" farm that offers seasonal fruits unique to your neck of the woods such as strawberries, cherries, peaches or blueberries (sampling totally allowed, right?). Together, plan a menu that uses your pickings as a main ingredient. Or let the older kids surprise you with their creativity.

IMAGINE THE END

Focus your priorities on what matters most.

Pen some cards. Summer is a great time to talk about gratitude. Take time as a family to come up with a few people who need some notes of encouragement, like someone who is serving in the military and let them know how much you appreciate them.

JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

List 100 things. Write in a journal, or a note in your phone, 100 things that bring you joy. Focus on things big or small. After you've made your list of 100, look at it and see if you notice any recurring themes. When you take time to notice joy in everyday life, you just might find more of it.