

# HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

OCTOBER 2017



## FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

**Get a little batty!** It's that time of year when baseball fans get a little crazy as the biggest game in baseball takes center-stage. Grab a few boxes of Cracker Jacks® and make memories by taking your home team to the batting cages. Let older kids invite their friends to help fill out the team rosters. The fun you have together and the time you take to hang out with your kids (and their friends) will remind them you care.



## WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

**Gather 'Round.** Invite another family or two over for a fall bonfire. Enjoy the crisp air, shorter days, and change of season with a spread of donuts, cider, and sliced apples (with caramel dip, of course)! Get everyone giggling and bonding telling funny stories, or by making up your own "would you rather" questions. Would you rather have a house made out of Play-Doh® or live in a pumpkin? Would you rather drive a Lamborghini or a Porsche?



## CREATE A RHYTHM

Increase the quantity of quality times you spend together.

**Fall is heavenly.** Gather your little angels and head outside to collect pretty fall foliage. Grab fall leaves, paper, and crayons to make angels. It's easy. Just color over the leaf on a white piece of paper to get a nice outline. Turn your design into angels by drawing on halos and coloring in the wings. Glitter is always a bonus. You could try doing something with glitter with your older kids, but they might prefer taking a walk or a drive through the woods, as long as you tempt them with a pumpkin frappacino on the way.



## IMAGINE THE END

Focus your priorities on what matters most.

**Picky Eaters.** Help make trying new things fun by celebrating Sourest Day on October 25. Take your culinary critics to the produce section with sour things in mind. Give them a budget and a basket. Head home to rate each item for taste, smell, appearance, and sourness. If you have older kids, have them to help you create a meal from start to finish using only fresh ingredients. Take a trip to the farmer's market and challenge them to pick out a few things they've never tried before. While you're at it, talk about the importance of choosing healthy foods to nourish the bodies God gave us.



## JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

**Treat Yo' Self day.** Who says you can't splurge a bit on yourself? Find a way to treat yourself this month. Buy frozen yogurt with all the toppings you love and savor each bite. Enjoy it with a friend or even by yourself! Don't like yogurt? Go get a new pack of socks. Get the car detailed. Download a fun app for your phone. Do something for yourself that your kids won't take over—like they do your Netflix account.