

# HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

MARCH 2018



## FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

**March Madness.** When it begins to feel like your kid only leaves their room to ask why the Wi-Fi is down, or because they smell bacon, it's time to get outside and shoot some baskets together! (You don't have to be good at it, just go outside and have fun.) Even if college basketball isn't your thing, print off and fill out brackets and have everyone make their best guesses for who will win. (It may simply boil down to which team has the better mascot or team colors.) Get updates of the tournament results every few days, awarding points to the person with the most correct guesses.



## WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

**Thank Your Lucky Stars.** Have your kids write a list of the favorite adults in their life: Coaches. Teachers. Neighbors. Family friends. Church leaders. Put these names in a hat, and each morning, while they are enjoying that second bowl of cereal, draw out a name and pray together for that person.



## CREATE A RHYTHM

Increase the quantity of quality times you spend together.

**Shake it Off.** Shake off some of those lingering winter blues by going out for a sweet time as a family. Head to your favorite fast food restaurant featuring your favorite shake. (Shamrock Shakes are here!) Bring a card game, or even a board game, to play at the table together. Then, if you're feeling lucky, go chase some rainbows together.



## IMAGINE THE END

Focus your priorities on what matters most.

**BPOYD.** Encourage more than one word answers by implementing BPOYD [Best Part of Your Day] at school pick up, dinner time, or as part of a bedtime routine. It's a great way to not only connect, but a great practice to focus on what went well during the day and can help develop a "glass half-full" kind of optimism in your child. Make sure you share your BPOYD, too.



## JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

**Spring Ahead.** Celebrate an extra hour of daylight (and recover from one less hour of sleep) by making a coffee date with yourself for an afternoon pick-me-up that's one part caffeine, two parts sunshine. Pour your favorite coffee beverage and give yourself permission to sit by a window and think about anything . . . or nothing at all!