

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

SEPTEMBER 2018



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Sound the Alarm. This month, set your alarm 10 minutes earlier than normal. Use those few minutes to grab your caffeinated beverage of choice and WAKE UP! Gather yourself, make sure everything is in place, and be ready for wake-up time. Instead of focusing on getting out the door, focus on speaking words of encouragement and love to your family.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

House Call. Schedule a day or night this month to make house calls—the Skype or FaceTime kind. You can even phone or text! Make a list of family members you want to connect with, get your family together, and go “door to door.” Tell them you’re on a mission to find out 3 things about them that you didn’t know. Have a list of your own things to share.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Tailgate Together. The first Saturday in September is National Tailgating Day. Grab your burgers and grill (or some yummy to-go food) and drive your family to a park or public venue and set up an impromptu tailgate. Throw down some blankets or towels, turn up the music, and focus on having *fun* with your family. Having fun with your kids is the best way to stay connected with them! (P.S. If you can’t make it happen on the *first* Saturday, you can always choose another one!)



IMAGINE THE END

Focus your priorities on what matters most.

Character Catch. Choose a character trait you’d like your family to work on: patience, ambition, persistence, kindness, optimism, honesty, etc. Then, start off the month with a family challenge—for the next 30 days, your family will intentionally practice that character trait. Talk about it in the car, at meals, and at bedtime. Make it a game by awarding points to someone who “catches” another person displaying that trait. Add up the points at the end of the month and crown the winner.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

Laugh Log. Along with parenting comes a lot of sweat and tears. But as tough as it can be, there’s also joy and laughter. Get into the habit of focusing on the positive moments by writing down something that made you laugh each day this month. These are the memories you will want to revisit time and time again.