

# HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

NOVEMBER 2018



## FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

**Remember When.** Everyone loves a funny story about “when you were little.” Whether it happened ten days ago or ten years ago, think of (and share) one of your favorite memories of your kid (i.e.: that time he tried to rescue (and raise) a baby worm, or how she used to say “bullzoder”). These fond memories not only make everyone laugh but remind your child that she is part of your unique family history.



## WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

**Friendsgiving.** This year, plan a Thanksgiving-themed potluck dinner with some of your family’s favorite dishes and favorite people. Plan the guest list as a family—being sure to include neighbors, favorite childcare workers, small group leaders, or any other people your kid seems to really click with. Be sure to let your guests know how thankful you are for their unique role in your kid’s life.



## CREATE A RHYTHM

Increase the quantity of quality times you spend together.

**Do-si-do.** National Square Dance Day is at the end of the month; so what better way to create a rhythm than to have fun learning a new skill as a family? Look up local square dancing lessons, or simply stream a teaching video in your own home. As different as it may sound, square dancing is one of the best ways to work (and laugh) together. For even more fun, invite over some family friends to join in.



## IMAGINE THE END

Focus your priorities on what matters most.

**Choose your Legacy.** What’s your family known for? Do you have an open door and a pantry stocked with Cheetos®? Do you always have the best family vacations? Are you proud of what you’re known for? Or not really sure you’re known for anything? Bring up this discussion question at dinner one night: What do we want our family to be known for? Then spend 20-30 minutes discussing and coming up with strategies to build a legacy worth remembering (or that makes an impact).



## JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

**Rest Easy.** As adults, the negative thoughts start to swirl as soon as our heads hit the pillow. Stress about tomorrow. Regrets about today. Replaying everything that has ever gone wrong in your life. This month, before you go to bed, commit to writing down three things you did well that day. It can be “led an effective meeting at work,” “prepared a vegetable my kids actually ate,” etc. Then rest easy, filling your mind with all your successes, no matter how small.