

# HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

FEBRUARY 2019



## FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

**Find the Artist.** This month, play together in your child's chosen art form. It could be photography, dance, astronomy, any number of things. Make a date to fuel, explore, and connect with your child's unique creativity. You may be surprised to find your own inner artist, too! If you have older kids, this is a great time to discover how they like to be creative!



## WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

**Send a Card.** Break out the crayons and the markers, because February 7th is National Send a Card Day. Have each person in your family choose one person they would like to send a card to, then either decorate a paper card or create one in a design program and print it out. Because no matter your age or technology-proficiency, nothing says you matter to me like getting a homemade card via snail mail.



## CREATE A RHYTHM

Increase the quantity of quality times you spend together.

**Pioneer Night.** Sometimes the loss of electricity due to the weather makes for the best childhood memories: eating all the ice cream before it melts, huddling together around the warmth of a fire, sleeping in the same room to stay warm. But why wait for a snowstorm? Pick a night once a week or a couple times a month to have a "Pioneer Night." Turn off all the lights and electronics. Play games, eat dinner, and read by candlelight.



## IMAGINE THE END

Focus your priorities on what matters most.

**Brighten Your Neighborhood.** We all want our kids to grow up to be kind and to make the world a brighter place. This month, pick a day and one way to do just that—in your own neighborhood. Take a walk around your subdivision, apartment complex, or nearby assisted-living facility. Leave a note, a flower, or a painted rock on a few doorsteps. You never know how a small gesture from a stranger may brighten someone's day.



## JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

**Solo Date.** Set aside a couple hours this month to take yourself on a solo artist date. Do things like capture the coolest city-shot with your smartphone's camera, roam around a hobby or craft store and buy a kit to try something new, or splurge on a concert ticket. Notice how you feel in the hours and days following your "date." Then, be intentional to set aside a couple of hours each month (or even week!) to fuel your inner artist.

