

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

MARCH 2019



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Read a Book. In honor of Read Across America Day on March 2, take your kid to the local library or your favorite bookstore. Find a book for you to read together. Warning: it might be a super sparkly Barbie mermaid book, an 800-page Minecraft encyclopedia, a classic novel, or a book about faith. Whichever book is chosen, read it together (doesn't have to be aloud or even at the exact same moment) and talk about what the two of you like, dislike, or find interesting about the story.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Frame a Photo. What's hanging on the walls of your house? Art? Family photos? Ship lap? This month, make an effort to add some photos of those in your wider circle. Pick a few frames and print some pictures of your kid's small group leader, favorite aunt, best friend, or coach. Whether you hang them, put them on a shelf, or stick them on the fridge, display them around the house as a reminder that your family is bigger than the people under your roof.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Be a Team. Being in a family is kind of like being part of a lifelong team. And what does every good team have? A chant, secret handshake, hashtag, or victory dance. Put your heads together and come up with a unique, creative, and FUN way to remind your family that you are a (really cool) team. Always.



IMAGINE THE END

Focus your priorities on what matters most.

Musical Chores. It may be easier to check off your to-do list on your own, but it's also helpful to teach your kids to do their share! Add some fun to chore-time by cranking a song and challenging your kids to complete one task per track. Keep tabs on how much progress you make with a chart or checklist.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

Read a Book Continued. While you're at the bookstore or library with your kid, try to sneak a little time to grab a book just for you. It could be a new devotional, a cool journal . . . or the latest mystery novel! Whatever it is, try to find thirty minutes a day dedicated to reading your new book or journaling.

