

HANG TIME MARCH 2017

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

IMAGINE THE POSSIBILITIES! Start a conversation with your kids using this question: "What would you do for an entire day if you could do anything you wanted and anything was possible?" Would they ride a dragon? Be another person from any time period—past or present? Fly to space in a shuttle? Eat all the ice cream in the world? Watch their eyes light up and smiles widen as you take time to listen to what their imagination has to say.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

POP SOME POPCORN! Help your kids celebrate National Popcorn Lover's Day this month! Pop some buttery goodness and make treat bags for a few of the special adults who are significant in your kid's life. Decorate paper bags together or add a note that says "Popping by to say . . ." and ask your kids to add something they appreciate about each adult. Stick the note to the bag and drop it off. It's even more fun to ring the doorbell and run!



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

GO OUTSIDE! If spring fever has set in, head outdoors to capture the first signs of spring. Take pictures or collect some of the cool things you find in nature. You can even participate in a Nature Exchange where your family gets matched with another family living in another part of the country. As part of the exchange, you send each other tidbits of nature from your neck of the woods. It's a great way to explore the outdoors in your own hometown and learn more about someone else's.



IMAGINE THE END

Focus your priorities on what matters most.

WALK FOR WATER! Take a family challenge of going an entire day or week drinking only water with your meals and snacks. Spend time as a family learning about clean water and its limited availability in many parts of the world. You can even go on a three-mile walk together (strollers and wagons totally allowed) to show kids just how far many people (even kids their age) have to walk for water.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

SCHEDULE A DRINK FOR TWO. What better way to enjoy a flavorful cup of coffee than enjoying it with a friend? Whether it's your spouse or a close friend you haven't seen in a while, take some time to sit and enjoy a grown-up conversation without sippy cups to refill and kids to entertain. This will allow you to invest in relationships that sometimes get overlooked, which is also an investment in you.