

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

SEPTEMBER 2017



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

It's your birthday. Okay, maybe not your birthday *exactly*. Give each of your kids some one-on-one on the day of their birth, no matter which month it is. Born on the 7th? Then lucky you, the seventh is your day. Born on the 31st . . . that one gets tricky. Either way, designate one day in each month to cue you to make a date with one of your people. (Spouses totally included.)



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Latte love. National Coffee Day may be September 29th, but any day is a great day to treat the important people in your family's life to an extra *latte* love. Drop off a favorite specialty drink to that teacher, coach, church leader, or babysitter—especially on a Monday morning when everyone needs a boost to get them through the day.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Five's a Crowd. Round up the family for four-square in your driveway. You'll need four players and a large rubber ball. Take your leftover summer sidewalk chalk and draw a 12" x 12" square on your driveway. This schoolyard favorite will provide a little exercise, laughter, and a chance to talk about how the school year is going so far.



IMAGINE THE END

Focus your priorities on what matters most.

This is Cool! Queen Elsa isn't the only one who can create a magical escape. Together, design a kid friendly cool-down zone. Younger kids can assist in picking out a pretty rug, a funny emoji pillow, and other happy things like coloring books or an old MP3 player with a kid-approved playlist. Develop emotional intelligence skills by printing out emojis to talk about feelings (while making funny faces, of course!), and role-play what to do with big feelings. *Hint: This is best done when everyone is fed and happy.* Have a middle or high schooler? Make sure they are also fed and happy and have a conversation about what helps them relax when things aren't going as planned. A special song? Time alone? A favorite Bible verse? Share what helps you cool down when you are anxious or upset.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

Mix up your routine. School is in and routines are being established. Refresh your own routine with a new podcast during your morning commute that feeds your soul (Try Parent Cue Live!). Or try creating an inspirational playlist to blast as you start each day. Even pausing the Internet for 40 minutes before bed can be a great way to end the day. Mix things up a little and make some room for personal growth so you don't get stuck.