

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

DECEMBER 2017



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Rockin' Around the Christmas Tree. What's on your playlist? Hand over control of the Bluetooth and your Spotify account. (Or, any music you have on your phone). Whether you're out shopping, going for a family coffee run, or decorating the Christmas tree together, give each kid a turn playing DJ. You'll learn more about what your kids are into and they will love controlling the set-list. Bonus points if you let them crank up the volume.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Double the Service. Choose a family you're close with, or one you'd like to get to know better, and team up for a service project. Choose one Saturday this month, put it on the calendar, and make plans to meet up and serve. You can leave notes of encouragement on front doors, rake leaves, shovel snow, or raise money to support a needy family for Christmas. Anything done *together* is *better*—including serving.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Annual Ornaments. Grab your family and go to a store that sells Christmas ornaments. Allow each person to choose one for themselves that represents something meaningful from their year. Then, when you hang them on the tree, they can explain their choice. Repeat this tradition annually and see who can remember the owner of each ornament.



IMAGINE THE END

Focus your priorities on what matters most.

December—SEW What? Put away the needles! There is no skill required to provide warmth this winter to people in need. Put on some festive music or a Christmas movie to make no-sew fleece blankets to donate to a local charity. (Ask your kid or teen to find the YouTube how-to video.) Check with hospitals, homeless shelters, care facilities, or police and fire stations to see who would best benefit from the blankets.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

Let It Go! Let it Go! Sorry—did a certain song get stuck in your head? Christmas time can be a mix of emotions. Carve out fifteen minutes to think about the things with your kids that you wish you had gone differently, like conversations or a missed opportunity. Write them down. Think about your list but then let it go! Rip it up and throw it away. Remind yourself there's a whole new year ahead, with 52 weeks to start fresh!