

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

FEBRUARY 2018



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Double the Love. Valentine's Day and Library Lover's Day are both celebrated on February 14th. Head to your local library with your little ones (and big ones, too!). Show your kids what your favorite books were at their age. Give everyone a chance to pick out a book about their favorite animal, country, hobby, Disney character, type of food—or whatever topic they are passionate about. Books spark great conversations about what matters to them now.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Fond of U. Invite the influencers in your family's life over for a winter get-together. Even though February 5th has been deemed Chocolate Fondue Day, any day this month is a great day to invite your kid's coach, small group leader, or favorite babysitter over for a night of dessert and coffee. Have everyone share their favorite winter pastimes as you take turns waiting to dip into that melted milk chocolate.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Pancake Picnic, Anyone? A picnic lunch is great, but how about a *pancake picnic* . . . in your backyard?! National Pancake Day is February 13, which is also Fat Tuesday—that last day to indulge in sugar for those who practice giving up sweets until Easter! It's the perfect excuse to gather your crew, and maybe a few neighbors, too, and plug in your griddle on the back porch. Grab some blankets, light the fire pit, bundle up, and dig in!



IMAGINE THE END

Focus your priorities on what matters most.

Kindness Confetti. Come up with 10 - 15 random acts of kindness. You can search for suggestions online or brainstorm some community-specific ideas on your own. Write each act on a small piece of paper and put them all in a jar. All month long, have members of your family rotate drawing a piece of "kindness confetti." They have 48 hours to complete their task and share the results with everyone.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

Remember Guitar Hero? Fuel your creativity by picking up an old hobby. Reconnect with something you dropped when life got crazy busy. Did you used to paint, do photography, craft, or rock a guitar solo? Make an effort to pick up that hobby again. Create space in your schedule for interests outside of work and parenting—even if it's just once a month.