

# HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

JANUARY 2018



## FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

**Be Bookworms Together.** Grab your kid and snoop around the travel section of your favorite bookstore and plan an imaginary vacation together. Look for the foreign language books and practice saying your favorite words in languages you've never used before. Look up the best places to eat while in your dream destination, and the top three places you would want to visit there. Bonus if you find a bookstore with cheesecake. Who doesn't love bonding over dessert?



## WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

**Pop On By.** Invite a family-friend or your kid's small group leader to "pop on by" on January 19th for National Popcorn Day. Set up a popcorn bar with all the toppings your warm, buttery heart desires. Bacon. M&Ms. Melted Chocolate. Parmesan. Sprinkles. Salt. Lots of salt. Caramel. If it's not too frosty outside, gather around a fire pit and go old-school with Jiffy Pop.



## CREATE A RHYTHM

Increase the quantity of quality times you spend together.

**Let it Snow.** Put away that wallet! All you need for winter family fun is a coat and some gloves. Head outside for sledding, throwing snowballs, and making snow angels. No snow days in your forecast? Try combining a box of baking soda with a can of shaving cream to make your own. Warm up with some hot chocolate and add a generous amount of whipped cream.



## IMAGINE THE END

Focus your priorities on what matters most.

**Start and Stop Swap.** Instead of the typical "resolutions" conversation with your family, have a "start and stop swap." Ask everyone to choose one habit they want to start and one habit they want to stop. Encourage your family to choose realistic, attainable goals. Write them down somewhere visible as a reminder to make healthy choices in the New Year.



## JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

**You Can Quote Me.** Coming up with a yearly theme for your family can feel like a ton of pressure. Why don't you start by simply focusing on the first few months of the year? You can even choose one word—*determination*, *joy*, *peace*—to drive your family's start to the New Year. Poll your tribe and see which word resonates with them!