

# HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

JUNE 2018



## FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

**You Are >.** Make sure your family knows that aside from your faith, they are the single most important thing in your life. Before bed a few times this week, stop by your kid's room and tell them: I love you more than \_\_\_\_\_. You can fill in the blank with something funny (ice cream, my favorite shirt, Pinterest), or something more serious (that rug you ruined, my cellphone, that hobby I love so much).



## WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

**Doughnut Know What I'd Do Without You.** Friday, June 1, is National Doughnut Day. Grab a dozen and a few individual bags. Encourage your kid to think of a couple of people they value. Then, have them write a quick note thanking them for their influence. Tuck the note and doughnut in a bag and let your child deliver them over the weekend. If your child can't write yet, have them draw a picture instead.



## CREATE A RHYTHM

Increase the quantity of quality times you spend together.

**Summer Lovin'.** Sit down with your family and ask each person to share one fun thing they want to do together as a family this summer. Post the list in a common area, and check off each activity as you accomplish it. Challenge yourself to make as many happen as you can, creating summer memories your kid will look back on forever.



## IMAGINE THE END

Focus your priorities on what matters most.

**Technology Time Out.** It's so easy to get distracted by technology—social media, email, online shopping, Netflix, texting. Sometimes, it's good for us to put our technology in time out. Make June a month when technology isn't allowed during certain hours of the day. Maybe it's dinnertime. Maybe it's dinnertime until bedtime. Maybe it's just bedtime. Use the time out to be together. Play a board game, take a walk. Simply connect with one another—face to face.



## JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

**Pity Party Pooper.** Negative self-talk is one of the most challenging habits to drop. No one is harder on themselves than parents—but we all need to give ourselves a break. This month, every time you have a negative thought about yourself, say one positive thing out loud—even if you're in the grocery aisle by yourself!