

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

DECEMBER 2018



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Sugarcoat It. Try a new strategy to get your kids to eat their veggies by celebrating National Chocolate Covered Anything Day on Sunday, December 16th! Make some fun family memories your kids will never forget by placing a bowl of chocolate sauce on the dinner table and instructing everyone to try dipping their bites in chocolate! Whether or not it makes for a new secret family recipe, you'll be sure to have a hilariously great time.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Send a Note. Have you ever asked your kid, "Who are the top 5 adults you feel most comfortable talking to or hanging out with?" If you haven't (or it's been a while), find a moment to ask them today! Help them come up with names if they get stuck. You may be surprised by some of the people who make the list. If you're sending Christmas Cards this year, include a special note to those five people letting them know how grateful you are for the role they play in your child's life. (Or send a note in a separate email, text, or individual card.)



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Family Favorites. At the beginning of this month, gather your family together (over dinner or call a special family meeting) and ask each person in your family what their favorite Christmas tradition is. Encourage them to think of as many as they can. Then, make a list of your family's Top Ten Christmas Traditions and put it somewhere for all to see. Be sure to put each item on your calendar and as you make your way through this season, check the items off the list. You may be surprised what traditions are important to your kids!



IMAGINE THE END

Focus your priorities on what matters most.

Box it Up. Boxing Day usually falls on December 26th, and is focused on thanking those who help you throughout the year. To help your family develop a thankful attitude, consider wrapping up Christmas with a box-it-up tradition. Re-purpose an Amazon box and fill it with gifts for the postal worker who delivered it originally. Or wrap up \$10-\$15 gift cards in small boxes and pass them out to people who had to work on Christmas Day. Or box up special treats and share them with someone in your community.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

The Grateful Life. It can be hard to get through the hectic pace of the holiday season without feeling stressed or depleted. So each evening this month (or morning if that time of day works best), carve out a few minutes to write, pray, or simply think about the following prompt: "Today, God gave me..." Maybe He gave you some joyful moments with your teen. Maybe He gave you a meaningful conversation with your spouse. Maybe it was a surprising moment of contentment instead of envy. Taking time to notice God's daily gifts will keep you focused on the things that really matter.