

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

MAY 2019



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

21 Questions. Grab a bowl and some paper. Write down 21 random, get-to-know-you questions—*What's your favorite color? What's your favorite song right now?*—simple questions that can be answered over breakfast. Throw them in the bowl and have your family take turns answering one question each day. You'll be surprised all the things you didn't know that you didn't know about your kids.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Double Down. One night this month, make double the dinner and surprise a neighbor with a meal or dessert. Involve the whole family by giving everyone a task: watching the timer, packing the meal, writing a note, or making the delivery.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Sharpen Your Skills. As a family, choose a new skill or hobby—roller skating, frisbee golf, puzzles, baking, etc. Choose one night a week this month to hone your new trade. Learning together is one of the best ways to connect!



IMAGINE THE END

Focus your priorities on what matters most.

Free Lemonade. There's no better time to focus on serving and being generous than the blazing days of summer. Start a new summertime tradition by setting up a FREE lemonade and/or water stand. Or load up your car with ice-cold bottles to give out to the homeless or people you see working outside.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

Plan On It. With summer right around the corner, your family's schedule is likely to shift. For a lot of parents, changes in seasons can make us feel anxious or overwhelmed. Carve out some time one night this month to write down all the things in childcare, pickups, drop offs, work, camps, practices, etc. Then, write down one thing you can look forward to each week to keep you sane in the midst of the fun, but sometimes crazy moments. Seeing it all on paper helps relieve some of the tension that comes with change.