

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Give a Thumbs Up/Thumbs Down. Circle up around the dinner table and ask everyone to share something about the day that went well (thumbs up!) and something that was a bummer (thumbs down!). Take turns listening to everyone's day and encouraging when needed.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Host a Backyard Campfire. Invite people from your neighborhood or small group. Roast hot dogs on sticks, try a pudgy pie (Google it, it's fun!) and finish off with s'mores. Spend time deepening relationships with people you want investing in your kids' lives.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Take a road trip. All you need is a full tank of gas and an adventurous spirit. Hop in the car for a spontaneous road trip. Play your favorite car games and talk about fun things on the way (something funny your neighbor said, the craziest dream you've ever had). Getting road weary? First one to spot a place for ice cream wins a prize!



IMAGINE THE END

Focus your priorities on what matters most.

Form a babysitter's club. Call a family meeting, and together think of single mom who could use a girl's night out or enjoy interrupted kid-free time to catch up on their favorite Netflix shows. Decide on a night your family can offer free babysitting. Or use the time to assemble a meal to take meal prep off her busy plate.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

List 100 things. Write in a journal, or a note in your phone, 100 things that bring you joy. Focus on things big or small. After you've made your list of 100, look at it and see if you notice any recurring themes. When you take time to notice joy in everyday life, you just might find more of it.

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Give a Thumbs Up/Thumbs Down. Circle up around the dinner table and ask everyone to share something about the day that went well (thumbs up!) and something that was a bummer (thumbs down!). Take turns listening to everyone's day and encouraging when needed.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Host a Backyard Campfire. Invite people from your neighborhood or small group. Roast hot dogs on sticks, try a pudgy pie (Google it, it's fun!) and finish off with s'mores. Spend time deepening relationships with people you want investing in your kids' lives.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Take a road trip. All you need is a full tank of gas and an adventurous spirit. Hop in the car for a spontaneous road trip. Play your favorite car games and talk about fun things on the way (something funny your neighbor said, the craziest dream you've ever had). Getting road weary? First one to spot a place for ice cream wins a prize!



IMAGINE THE END

Focus your priorities on what matters most.

Form a babysitter's club. Call a family meeting, and together think of single mom who could use a girl's night out or enjoy interrupted kid-free time to catch up on their favorite Netflix shows. Decide on a night your family can offer free babysitting. Or use the time to assemble a meal to take meal prep off her busy plate.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

List 100 things. Write in a journal, or a note in your phone, 100 things that bring you joy. Focus on things big or small. After you've made your list of 100, look at it and see if you notice any recurring themes. When you take time to notice joy in everyday life, you just might find more of it.