

HANG TIME FEBRUARY 2017

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

SAY THE NAME! Head out to Starbucks to order your favorite wintery drinks and use fake names when you order. It's sure to cause a few giggles when the barista calls them out! Take along a fun game like "Guess Who" and play it while sipping your treats. If you have older kids, it can be fun to figure out what your Star Wars name would be at <http://mathbits.com/MathBits/CompSci/LibraryFunc/SWname.htm>. On your way home, share with your kid about how you chose their name, or if they were adopted, take a few minutes to share what their name means.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

THROW A SUPER PARTY! The Super Bowl might be a great excuse to sit on the sofa and down a dozen chicken wings by yourself, but it's also a great excuse to throw a party and invite over all the grown-ups who invest in your kids. (Plus, who doesn't like all the commercials and that half-time show?) Put together a kid friendly YouTube playlist of approved commercials from last year and give the kiddos a pregame opportunity to vote for their favorite ones.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

BLOW A BUBBLE! Celebrate Bubble Gum Day as a family! (Yes, it's actually a thing!) Head to the checkout aisle and let everyone choose their favorite bubble gum. Have a contest to see who can blow the biggest bubble. Who can design the best bubble gum sculpture? Hey, have you ever tried bubble gum ice cream? Who doesn't love this sticky stuff? Fun with bubble gum is a great way to stick together.



IMAGINE THE END

Focus your priorities on what matters most.

LOVE A LOT! Want to help your kids learn to see the needs around them? A great way to do this is to perform random acts of kindness together as a family. Participate in "RAK Day" on February 17th by getting out in the community and doing things that will make someone else's day brighter. When you're done, gather around and talk about how the day made you feel and give everyone a chance to share what they experienced.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

SAVOR A MOMENT. Make a date with a close friend or your spouse to reconnect and enjoy some grown-up time. You won't have to cut up anyone's food into bite-size pieces or have long discussions about homework. Just sit back for a delicious meal that will nourish your tummy as well as the important relationships in your life.