

HANG TIME

ACTIVITIES DESIGNED AROUND 5 FAMILY VALUES

NOVEMBER 2017



FIGHT FOR THE HEART

Communicate in a style that gives the relationship value.

Display the Gratitude. Use a large magnetic board or chalkboard and make it your “I am so thankful for . . .” display. During the month of November, take turns sharing something you are thankful for about each family member. Assign a note-taker (littler ones can draw pictures) and document the many ways you are grateful for one another. Your tribe will thrive as you encourage and value each other.



WIDEN THE CIRCLE

Pursue strategic relationships for your kids.

Grab the Football. Challenge your family, friends, or small group to some kid-friendly flag football or two-hand touch. Little ones can join the cheer squad and help keep score. It's the perfect way to get outside and have some intergenerational fun before indulging in all the mashed potatoes and Thanksgiving pie. You'll also be creating fond childhood memories of belonging to a tribe of people who have fun together.



CREATE A RHYTHM

Increase the quantity of quality times you spend together.

Fall back. Make the most of that extra hour of sleep—and the closest you'll ever get to time travel—when daylight savings time ends on November 5th. Celebrate with a late night waffle run or use that extra time in the morning to do something completely out of the ordinary. Serve breakfast in bed or take a munchkin out for some one-on-one hot chocolate or coffee time. It's not every day you get an extra hour, so make the most of it.



IMAGINE THE END

Focus your priorities on what matters most.

Be a good neighbor. Sit down as a family and pick another household in your neighborhood or church to serve. Maybe you know a single mom who could use some free babysitting or housecleaning. Maybe there's an older couple who doesn't have family nearby who would enjoy a visit. Choose your beneficiary and make a plan to serve them well.



JUST FOR YOU: MAKE IT PERSONAL

Put yourself first when it comes to personal growth.

Forgetting something? Did you know Forget Me Not Day is November 10th? Or did it slip your mind? Set a reminder. Post a sticky note. Tie a string around your finger. Make a note to call that friend you haven't talked to in awhile or to finally schedule that night out with friends. Enjoy a night when you can leave the teenage drama behind or when you won't have to cut anyone's food into bite-size pieces.

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