

Suggestions for Family Time

from ReThink Group

Start A Family Journal. (Yes, like an actual journal.) Once a week, talk about what's happening in your family members' lives and write down important events, milestones, thoughts or prayers. You can also have the journal out for family members to write in throughout the week. Draw pictures, write notes, write family members' favorite verses, etc. *Make it your own; make it personal!*

Leave Secret Notes. Want to help your family encourage one another and have a little fun at the same time? Give each family member 10 note cards. Tell everyone to write a note or draw a picture that will encourage a family member and then secretly leave it on that person's pillow. The goal is to use all of your note cards before the end of the week. Possible note ideas: "You're awesome because ..." "I love you because ..." "You did a great job when you ..." Who knows? You just might need to hand out a few more note cards!

Visualize Your Time. Have you ever heard the saying, "The days are long, but the years go by fast"? While we can't slow down time, we can make the most of the time we have left with our kids. Create a visual reminder by filling a jar full of jellybeans, M&Ms or marbles representing the number of weeks before graduation, a special vacation, the summer or the start of the school year. Then take one out each week. When you count how many days you have left, you tend to make those days count!

Plan an honorary dinner. Let each family member take turns sitting in the seat of honor at dinner one night this month. Not only do they get to choose the menu for the night, have all of the other family members make a point of making that person feel special, each saying at least one encouraging thing about them.

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