

How to Create Your Own Family Day

Ground Rules & Non-Negotiables

- ✓ **Immediately Family Only!** Friends and extended family are wonderful but this day needs to be exclusive. No grandparents, no friends. Just the good old-fashioned nuclear family unit!
- ✓ **All day!** Nothing else is planned. The day will be packed & all meals (and desserts and snacks) are included!
- ✓ **Adventure!** The day includes at least one new activity that the kids haven't done before. And it has to be something everybody will enjoy. No point in doing it if one or more people are not going to have fun!
- ✓ **Awesome (and sometimes unhealthy) food!** Time to lighten up as parents. There's no such thing as a Family Day without chips or fries or pizza or ice cream or all of the above. The family picks the menu together.
- ✓ **Affirmation!** We take time to celebrate each other's strengths by holding a time of affirmation. Everyone discusses something they love about every other person.
- ✓ **The day has a name!** This is not just any day – basically your new family holiday and it will be referred to through the years!
- ✓ **Meaningful, personal and memorable.** There's a special ceremony at the end of the day where kids are recognized, appreciated and valued for the kids God has created them to be. The ceremony includes:
 - *Worship to the Lord* – after all, He established, has sustained and continues to provide for our family in every way. Music is a great way to worship the Lord.
 - *Talent show* – each person does 1-2 talents for the rest of the family of something they have been working on. Parents don't get out of this – everybody has to showcase something!
 - *Award recognition* – Mom and Dad give special, individualized awards to each kid to commemorate their gifts and abilities.



Recommendations

- ✓ **Set aside some money.** This is a celebration, so budget for it and do some cool activities. This doesn't have to break the bank, but if it's going to be special, make it special: don't cheap out!
- ✓ **Prepare the kids.** They will get really excited about getting to spend a whole day having fun together. They love preparing for their talent portions. And they especially love planning out the menu.
- ✓ **Create a song you sing together.** You're not looking for a Grammy here. Think of something original and go with it!
- ✓ **Fill out a questionnaire for each kid.** We have a standard questionnaire that we fill out about each kid at some point during the day. It's a snapshot of things each kid loves or spends time on. In later years, this will be a treasure trove of history! Friendships, favorites (books, movies, games, etc.), interests, hobbies, how tall they are, etc.
 - ✓ **Do it on a weekday if you can.** You're less likely to fight crowds or encounter other conflicts that might inhibit your time together or cause you to have to reschedule. A celebration of your family is worth a day off of work!
 - ✓ **Use every minute to make memories.** If your activities require some car time, prepare some fun games or activities that are interactive rather than watching TV. Car rides are a good time to work on the questionnaires. Take lots of pictures and videos!

Ideas for Special Activities

- ❖ Zoo, animal ranch
- ❖ Hiking, indoor rock climbing center
- ❖ Science center, kid-friendly museum, planetarium, aquarium
- ❖ Local park for games – kickball, frisbee, etc.
- ❖ Amusement park, bowling, mini-golf, go-karting

We would love to help your family create your own family day – contact us and we'd love to walk you through it!