



Family Time Discussion Exercise

Evaluate How You Share Family Time

Ask yourself or discuss in small groups the following set of questions:

- Is our family spending our time as we wish?
- How would we like to spend our time?
- What is preventing us from spending our time as we want?
- What can we change so that we can spend our time as we would like to?
- Are there things we should modify or adapt in how we share family time?
- Is family time valued by our family members?

Consider Meaningful Experiences of Sharing Time

Write an answer to the following two questions:

1. What are experiences I've had in sharing family time that have been most meaningful to me that I would like to continue or experience again?
2. What are ways of sharing family time that I think would be meaningful to myself and other family members that I would like to begin?

Set Goals For Sharing Family Time

Set goals for sharing positive time with family members. Brainstorm and be as specific as possible.

Recreational time

1. _____
2. _____

Learning time

1. _____
2. _____

Work time

1. _____
2. _____

Communication/leisure time

1. _____
2. _____

Family unity time

1. _____
2. _____

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Brainstorming Family Time Worksheet

Sharing family time in a positive way may require some effort and creativity in deciding how you would like to spend time together as a family. This worksheet can help you to brainstorm some ideas for your own family.

Activity #1

Take a paper plate and draw lines to divide it into 24 sections for the hours of the day. Divide the plate into thirds, then each third into halves, then each half into fourths. That makes 24 sections. Write in the things that absolutely need to happen each day (sleeping, working, etc.). Now write in the other things you normally do each day.

Discuss the following questions:

1. What kind of time habits do we now have as family members?
2. What could we adjust or change to share time in new or different ways?

Activity #2

Give each member of a group or family a piece of paper and pencil/pen. Allow each person 5-10 minutes to write down as many ideas for sharing family time as possible on individual strips of paper torn from their paper sheet. Put all of the ideas into a large bowl. Then spend 20-30 minutes pulling ideas out of the bowl and deciding which activities the family would like to do. Then pick the top six and seven activities and put them on the family calendar to participate in during the next month. When you need some more time together, repeat!

Activity #3

One of the ways we show caring in the family is by spending time together. Families need to learn to exchange the “gift” of family time. Have each person in a family or group make a list of five to ten things that would be most meaningful to them that they might do for someone else or in sharing time with them. Examples might include a lunch or dinner date, washing the car, going out for an ice cream treat, etc. Next, you should:

1. Decide how often you want to give the “gift” of time (weekly, monthly, etc.).
2. Make a “credit card” issued in the name of the family member with a description of your gift(s). Put a space for them to sign it.
3. Each time the card is used, punch or mark it.

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