

Based on Chapman's best-selling **The Five Love Languages**[®]—an intentional resource for adding love, meaning, and adventure to your family days! *Family Time*, borne out of the authors own experiences and desires to love their children well, is an invaluable resource of activities incorporating each of the five love languages.

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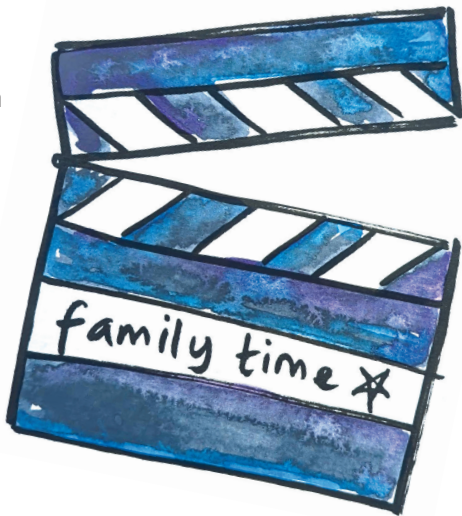
MOVIE NIGHT

Indoor

Turn this relaxing family time into an opportunity to speak all five love languages to your children. For some families this might become an end-of-week tradition that makes a relaxing and fun start to the weekend. For others it might be a special occasion, reward, or treat. You could make your child a plate of sandwiches to eat during the film and give yourself a night off from cooking a family meal.

PHYSICAL TOUCH—Snuggle up on the sofa, grab a soft blanket, or build a cushion fort to watch from.

WORDS OF AFFIRMATION—Ask your child what they liked about the movie—listen to and affirm their opinions and experiences.



QUALITY TIME—Be fully present for the film with no other distractions. Take your child on a special trip to the store first to buy popcorn for the evening.

RECEIVING GIFTS—Pick up some treats they love. Buy or rent a new film they'd love to see.

ACTS OF SERVICE—Make time to set up the room together with your child the way they like it to be. Give them the best spot for viewing.

FAMILY OLYMPICS

Indoor, Outdoor, Physical

A great opportunity for fun, teamwork, and encouragement is to run your own family Olympics. On wet days make indoor game variations; if it's nice outside, then head to the park or set up in your yard. Ideas to try: beanbag toss, three-legged race, egg-and-spoon race, sack race, or follow a trail balancing a beanbag on your head. Kids can have fun thinking up ways to make races harder for the faster family members—think of it as a mini “Yes Day” and be prepared to do some silly things; then watch the giggles as you indulge your kids’ sense of fun.

PHYSICAL TOUCH—Be sure to include touch activities—wrestling, three-legged race, piggyback rides, leapfrog, wheelbarrow race. This is a great opportunity for your kid to help and assist other family members.



WORDS OF AFFIRMATION—Praise your child’s efforts, skills, and ideas. Be on the lookout for things you can affirm. Winning isn’t the goal; encouragement and affirmation are.

QUALITY TIME—Prepare and participate in the challenges together, devoting your full attention to the activities.

RECEIVING GIFTS—Buy or make the equipment to compete: beanbags made from a pair of socks and dried beans, or blindfolds made from some fabric or an old t-shirt. Present them in a “mystery box” to introduce the idea. Get the kids to make winners’ certificates, trophies, or rosettes.

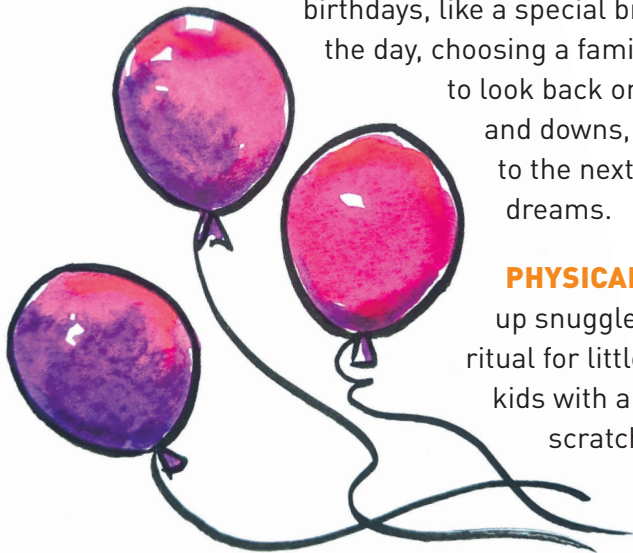
ACTS OF SERVICE—Help your child choose an outfit. Prepare the events together. Make a halftime snack like orange slices.

BIRTHDAYS

Seasons & Celebrations

Birthdays are an obvious time to celebrate your child—here are some ideas for expressing all of the five love languages on their special day. Families create their own customs for birthdays, like a special breakfast or dinner on the day, choosing a family activity, taking time to look back on the past year's ups and downs, and looking forward to the next year with hopes and dreams.

PHYSICAL TOUCH—Make wake-up snuggles in bed a birthday ritual for little ones. Present older kids with a voucher to get a back scratch or massage from you.



WORDS OF AFFIRMATION—In their birthday card write all their great qualities that you see and admire. Tell them how much you love them and are proud of them, and ways you've seen them grow this year. Help them write thank-you notes or call to express thanks to people who've given them gifts or helped them in some way this year.

QUALITY TIME—Go on a special activity or birthday date of their choosing together.

RECEIVING GIFTS—Kids don't need lots of presents, or expensive ones—most important is to know they are being cherished and celebrated as their gift is given.

ACTS OF SERVICE—Plan a special meal or party. Set up balloons or bunting in their room while they sleep or to be waiting for them at the dining table for breakfast time.



DRAW YOUR OWN PORTRAITS

Indoor, Creative

You do NOT need to be a skilled artist to do this—in fact, less realistic drawings often hold more charm (just think of all those pictures your kid makes). Why not draw or paint with your nondominant hand to take the pressure off and enjoy your silly side, or use nonrealistic colors for your portraits. You might just end up with something to put on the wall that reminds you of some special family times as you draw each other's portraits.

PHYSICAL TOUCH—Touch and stroke your child's face and hair as you observe their features.

WORDS OF AFFIRMATION—Tell your child all the unique and special things you observe in their physique. When you comment on their creation, try to make nonqualifying observations—“I see you used a bold line for my eyes.” “The green for my cheeks is really interesting.”

QUALITY TIME—Clear your schedule so nothing can interrupt your time together, make eye contact, and chat with your child as you sit and create.

RECEIVING GIFTS—Find some new art and craft supplies, and wrap them up before you start. Find frames for your creations and present the framed pieces before they go up on the walls for all to see.

ACTS OF SERVICE—Set the mood with some background music, and prepare the space so you don't need to worry about any mess your child makes. Ask your child if they'd like to help with setup or tidy-up.

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