



10 Ten Minute Ideas for Enriching Family Connections

- 1. Have a daily check in with the family.** When your child gets off the bus or into the car pool line, take advantage of that moment to connect about what happened at school. Deliberately make that transition time from school/work to home one that is fun and relaxing.
- 2. Go sit under the stars.** Just sit, reflect, and be together. Close your eyes and listen to the many sounds of nature. How often do we actually take time to listen to the sounds around us, or even to one another? Ask: How can we be better listeners within our family, with our teachers, as well as with friends and other adults?
- 3. Boost your Brain Power.** One aspect of self-care is feeding the intellect beyond what you're learning at school or on the job. Do crosswords or play Sudoku. Watch a documentary or spend 10 minutes online, digging into a subject you want to learn more about. Talk with others about ideas or issues that stimulate your brain. Read anything and everything – newspaper, blogs or magazines.
- 4. Boost Your Body Power.** One aspect of self-care that is often neglected is taking care of one's body. Try one of these 10 minute activities to rejuvenate the body: tai chi, yoga, jog or walk in place, stretch, take a power nap, get a massage, eat well, dance, breathe deeply.
- 5. Play Favorites.** Take turns letting each family member share childhood memories. You might have topics such as books, movies, bands, foods, hobbies or holiday traditions. You'll probably be surprised at some of the answers that emerge!
- 6. Have a special meal together– just because.** Set the table with nice dishes and light candles. As you enjoy your special dinner, talk about what makes your family special.
- 7. Connect to your Sunday worship together.** Visit <http://www.lectionarypage.net/> to find the readings for the coming Sunday. Choose one of the readings to share and talk about. What catches your attention in this reading? You can find some helpful background comments at the bottom of this page: <http://www.montreal.anglican.org/comments/>. Or pray together for those in need, using the list from last Sunday's bulletin.
- 8. Create Sacred Time.** Extend the concept of nap time for little ones to quiet time for everyone in the house. When putting the small ones down for a nap, disburse everyone else to separate rooms to read, work quiet puzzles, write, draw or nap. No noise, no talking, no television or music – simply being quiet with oneself. Start with 10 minutes or go for 1 hour. This simple practice is a great way to provide everyone in the family with nourishing solitude and at the same time recharge the batteries and balance out internal energy!
- 9. Natural Power.** One aspect of self-care includes those moments that uplift and encourage. Take in a sunrise or sunset. Enjoy the beauty of the natural world around you. Take a walk. Enjoy art. Listen to music. Breathe deeply and focus on slowing down your breath and listening to your heartbeat. Meditate. Read scriptures, quotes or poems that brighten your day. Garden.
- 10. Spend time alone.** Do something that truly gives you joy or makes you happy. Use the creative juices – write, knit, scrapbook, take photos, build. Do something that for you is just plain fun: be that watching a favorite show, listening to the radio or watching the birds fly by. Whatever it is, “me time” is vital to include into each day.