

Meaningful Family Time

By Jolene Roehkepartain



A simple, yet important ritual is spending family time together. How can you make family time more meaningful? Try these ideas.

For
Teen Family

Season
Summer

Needed

Spoon for each person, a deck of cards, table with enough chairs for each family member, a piece of paper, Spending Time Together worksheet, and a pen for each family member

Prepare in Advance

- Gather the spoons, deck of cards, paper, and a table with chairs to play the game
- Print the Spending Time Together worksheet - one for each family member
- Get a pen for each family member

Activity Plan

1. Say this prayer aloud to begin.

God, thank you for the times we share together as family. Amen.

2. Gather and sit around the table. Each person receives a spoon. Ask one person to deal the cards. Ask another person to keep score with the paper and a pen.
3. Place all the spoons in the middle of the table except for one. Set aside the one spoon. You will not use it. Make sure that all the spoons are about equally distant from each family member.
4. Explain the game. Have the card dealer give five cards to each family member. Make sure no one shows anyone his or her cards. Have the person keeping score write the names of each family member on the piece of paper. Explain that game works like this:
 - The goal of the game is to get four cards that are the same, such as four threes or four kings. It doesn't matter what you choose. When you get four of a kind, quietly and with great stealth, remove a spoon from the middle and continue playing the game.
 - If you see another player remove a spoon, grab a spoon. The last person remaining without a spoon loses the game and gets one letter of "OH OH." For example if Dad loses the first game, he will get an O under his name on the piece of paper. If he loses again, he'll get an H. When one player gets all four letters: "OH OH" that player needs to drop out of the game. Continue playing until one person wins the game.

- Once everyone has five cards, the card dealer looks at the next card and decides whether or not to take it (depending on what he or she is holding). The card dealer then passes one card to the next player on the right, who does the same. Eventually, this process will happen very quickly with players making quick decisions before passing on a card.
 - The last player passes the cards back to the dealer so that the cards will continue going around the circle (sometimes, a number of times) before someone gets four of a kind.
5. Play the game.
 6. After you finish the game, have each person complete the Spending Time Together worksheet. When finished, discuss what you wrote.
 7. Identify another activity that your family would enjoy doing together. Then set a date and a time to do it. Continue finding a family time (whether it's once a week or twice a month) to have meaningful family time.



Spending Time Together

How else could you spend family time together? Write your ideas of what you'd like to do that fits each category below.

Physical Activity	
Musical Activity	
A Picnic or Eating Out	
Visiting Family Members	
Visiting Friends	
Helping Others	
Spending Time in Nature	
Doing Something Spiritual	
Playing Games	
Other	

