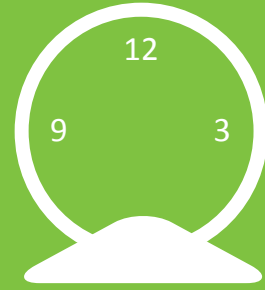


Family Schedule Reset

key questions to ask



While it's vital to help your family members grow individually, it's also important for your family—as a whole—to grow **together**. The questions below can help your family prioritize activities not just individually but also as a family, creating and protecting precious time together to create laughter and long-lasting memories!

- **Is there something you're doing every day that you can do just 3–4 days a week?**
- **Could you accomplish something in less time than it's currently allotted, such as 30 or 45 minutes instead of 60?**
- **Is there something you enjoy but that you may enjoy slightly less than family time?**
- **What days allow for long activities for family fun time, and what days may need family activities that can take as little as five minutes?** *It's okay if your designated family time allotment is different each day—even five minutes of focused family play can make a big difference.*
- **Can you turn someone's activity into a family moment?** *For instance, can individual exercise be switched to family sports time?*
- **How can family fun time be on-the-go some days?** *For instance, if you'll be at the soccer field for two different games, can you find 15–30 minutes between games to play as a family while at the field? Or if you have a long drive, can you turn off the radio to play a car game together?*