

CRAFTS TO GO

Family Date Idea Sticks

Materials included: Craft Sticks, Jar Label, Ribbon

Materials needed: Paper, Pen or Pencil, Glass Jar

Instructions:

Make a list of every family date idea you can think of. Have everyone in the family help with this task. Write them down on a piece of paper.

1. Locate a used glass jar in your home (check your recycle bin). Wash it and take off any labels.
2. Divide your sticks by color. Come up with six categories to put your ideas in. It could be by cost, by activity, by season, by the amount of time it takes. For example: Blue=Under \$20, Green=Over \$20, Red=Night In, Orange=Day Out, Purple=Something New, Yellow=Getaway
Come up with the categories that work for your family and your list.
3. Make yourself a "Key" using the jar label enclosed (or you may use the one we have provided). When finished, stick it to the outside of the jar you have chosen. It is easiest to write on the label before sticking it on the jar.



Check out one these family fun books:

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|----------------|-----------------------------|
| 795.4 Family | Family Fun and Games |
| 745.5 Doust | Fun Family Crafts |
| 306.874 Family | FamilyFun: my great idea |
| 977.4 Field | Michigan family field trips |

4. Begin writing ideas on both sides of the stick corresponding to the color category. If you write in pencil, you can change them when necessary. A pen will also work. Don't use a sharpie, they bleed with the porous wood.
5. Put your sticks inside the jar when finished.
6. Tie the ribbon around the neck of the jar.
7. Read over the enclosed sheet titled "How To Start A Family Date Night".
8. Implement Family Date Night. It could be weekly, monthly or just when- ever you have the time.

SHARE YOUR CREATIONS WITH US ON FACEBOOK OR INSTAGRAM: @ GRACEDOWLBRARY

HOW TO START A FAMILY DATE NIGHT

As with most other things in life, it works best when it is planned for. The same is true when planning a family date night. Starting this new tradition or routine with your family will reap many benefits. Some of the good things that rituals do for children are:

- Impart a sense of identity
- Provide comfort and security
- Help to navigate change
- Teach values
- Pass on Ethnic or Religious heritage
- Teach practical skills
- Solve problems
- Generate positive memories

Start by having a chat with your family and pitching the idea. Let members weigh in with questions, comments, and concerns. Speak about choosing a set day and time of the week (or month), and instating a budget limit.

Once you have all come to an agreement, be sure to add the family date night to all of your calendars. Make this night a priority and stick with it. No canceling or overbooking allowed.

When the day comes, make a big deal about it, put sticky notes everywhere, have snacks. Here are a few ideas...

- Make hot chocolate, snuggle up in blankets, enjoy a family movie night
- Get pizza and enjoy a board game
- Make cards to give to neighbors and make a treat to go along with it
- Go on a family scavenger hunt together or try geocaching
- Start a family garden
- Go on a family hike or walk in a nearby park
- Take used toilet paper rolls and turn them into superheroes
- Go on a family bike ride and get ice cream along the way
- Drive to a remote location and go stargazing
- Consider a family campout in the back yard, complete with smores
- Spend the day at the beach
- Have a karaoke night

Spending time together is the best way to show love to one another. Family date nights give you a chance to be intentional about family time and creating memories that will be talked about for years to come. There is no right or wrong way to host your family date night, the idea is to simply do it.