



## ***FAMILY EXERCISE***

Now is the time to gather the family and talk about holiday traditions. What makes the holidays special for your spouse? What makes it special for the kids?

Gather **everyone** together. Email the following questions to folks with whom you spend the holidays. Have each person write down his or her individual answers. Help kids who don't write.

### **ASK:**

- If we could throw out all our current holiday traditions and activities and start fresh, what would you want to keep? What traditions are most meaningful to you?
- What would you like to do differently?
- How would you finish this sentence:
- It wouldn't be the holidays without \_\_\_\_\_

Review answers as a group. Be aware of what is **not** there as well as what is.

Develop a list of core activities and traditions. Divide up the tasks to making this wish list come true. Remember, changing traditions is hard. Some things may have to wait until next year.