

THIS SIDE UP!
FAMILY FUN CENTER™

Moving Families from Surviving to Thriving!



Family Connect Time

It's time for Family Connect Time! Don't feel rushed - you can continue connecting at home!

Connect Time rules:

- A positive attitude is important
- Everyone shares
- Everyone listens

► **Leader SAYS:** Throughout this movie, Marmaduke, is struggling to fit in and find his place in the new city he has moved to. He tries to fit into the different crowds by changing who he is. Instead of trying so hard, it'd be best for him to be himself and be comfortable just being who he is, a special, lovable, fun dog.

Leader ASKS: Everyone is SPECIAL, just as they are. Did you know you are SPECIAL, too? We're going to play a game called....

THAT'S WHAT I LIKE ABOUT YOU

HOW IT WORKS

When the music starts, begin passing the stuffed animal dog around your table. When the music stops, everyone at your table, should say a very,

▼ **VALUE:**
Thriving Families Celebrate and Date
(Uniqueness)

simple and short statement telling the person who's holding the stuffed dog something they like about them.

Examples might be... your laugh, the funny jokes you tell, you give the best hugs (you get the idea).

We'll repeat this 4 times. If someone gets a second turn before everyone's had theirs, then pass it once to the right.

This dog is yours to keep. Take it home and put it in a place that will remind you to celebrate the special people in your family! You could even play this game at home.

As you saw tonight, it doesn't take much time to make someone feel special.

CELEBRATE the special people in your family OFTEN by letting them know what YOU LIKE ABOUT WHO THEY ARE!

Now... back to the movie!

Write down some of the special things you LIKE about each other.



HOME Time

Your homework from the This Side Up! Family Night is to get together at home and **CELEBRATE** each other! Children and adults alike **THRIVE** on praise!

*Here are a few ideas to help you **CELEBRATE** your family at home!*

1. FAMILY AWARDS Night:

A celebration to honor every member of the household.

Here's how it works

First select an evening when every member of the household will be home.

Then choose a menu or special meal that allows the entire family to share in the preparation; even if it's just setting the table or washing the lettuce.

Pizza and ice cream sundaes are a favorite for most!

Beforehand, ask everyone to decorate a piece of paper, one for each member of the family. Write what makes that person a valuable member of the family or what makes them special. Feeling crafty? Make blue ribbons, medals or certificates (your computer will help) to honor each other as well!

Example:

"Alex's laugh brightens up the house."

"Kara puts so much love into her care of the cat."

On the day, Dress up for dinner, put some special music on and for extra touches, maybe even get a few balloons. This event is bound to be a favorite that no one will forget.

Remember pictures and lots of applause!

Idea from www.amazingmoms.com

2. DATE Night:

No matter what the size & shape of your family... children **THRIVE** on one-on-one time with the special adult in their life.

Put a monthly (or bi-monthly if that's more do-able)) date night on the calendar and stick to it.

While on the date be sure to affirm his/her special qualities and remind him/her of the amazing, unique person they are.

3. Celebrate EVERYDAY Achievements:

Watch for opportunities to **CELEBRATE** your kids in everyday life. Did they try out for a team? Maybe you heard about a kind act they did for someone else? Did they work extra hard for something they really wanted?

Celebrate them with a special treat!

Ideas: Let them choose what's for dinner. Tape a note of appreciation on their bathroom mirror or in their room. Take them for an ice cream and tell them how much you admire what they did.

RESOURCES

Check out movies before you see them and get great talking tips for your kids. You can use movies as an opportunity to reinforce good things – and to teach about not-so-good things.

Two great websites for this are
www.pluggedin.com and
www.common sense media.org

www.thissideupfamily.org

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