

Family Date Night

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Why Family Date Night?

- ▶ To enjoy time together and have a shared experience.
- ▶ To share activities you enjoy and are good at with your family so they can get to know you better.
- ▶ To learn more about your families strengths and interests.
- ▶ To put your best foot forward and practice leadership, planning and responsibility in partnership with others.
- ▶ To encourage bonding.
- ▶ To practice appropriate social and emotional skills.
- ▶ It is a chance to learn how to share your interests, strengths and abilities with others.

Rules and Expectations

The rules and expectations should be the same as the Family Guidelines from your Full Value Contract. (See Webinar on Creating Structure the SOAR Way).

- ▶ We will treat each other, ourselves, and our surroundings with respect.
- ▶ We will respect each other's physical boundaries.
- ▶ We will use appropriate language at all times.
- ▶ We will be safe and have fun.

* Rotate who will be the person who in charge of the “date.” That person will be practicing leadership, planning, communication and responsibility skills. These are important skills, especially for your teen.

How to Create the Perfect Family Date

The person in charge of the week's date night should take the initial steps to build the following structure:

- Schedule
- Set the budget
- Create a list of options
- Make a plan
- Determine logistics
- Review

The plan is then reviewed with the family and negotiated until there is consensus.

Communication

Let's say your child has chosen to have the family all play the same video game together. Or perhaps they want to go see the latest Anime movie. This can get complicated and if it is not your thing, it can also get frustrating.

You will be modeling how to handle situations in which you are not comfortable for your whole family!

Ask questions about the activity if it is not your strong suit.

Seek help from your significant others(s) who are more experienced.

Take your ego out of the equation- this is a learning experience.

Share your honest feelings and struggles calmly and with I messages.

Schedule a Time

The time of day impacts the type of Family Date that can occur:

- Breakfast Date
- Lunch Date
- Dinner and a Movie (or some other activity)
- All Day Date

Budget

- ▶ A great opportunity to practice budgeting
- ▶ Set a per person amount
 - ▶ \$25 per person x 4 people = \$100
- ▶ List the potential expenses
 - ▶ Food
 - ▶ Entertainment
 - ▶ Other
- ▶ Discuss / Negotiate the budget based on need. If total is more than budgeted, have child present a proposal

Create Options / Ideas

Categories for
Options
include:

Time of day

Type of
family date

Location

Time of Day

- ▶ Breakfast
 - ▶ Pancakes or Waffles at home
 - ▶ Wake up early, pack breakfast, and go to the best spot to catch the sunrise
 - ▶ Choose a favorite local breakfast restaurant
- ▶ Lunch
 - ▶ Choose a special lunch type only for dates: Panini Sundays
 - ▶ Picnic lunch at local park
- ▶ Dinner and an Activity
 - ▶ Family member chooses a special meal to make
 - ▶ Go out to eat
 - ▶ Choice of Activity

Dinner and an Activity

- ▶ Activity Choices Might Include:
 - ▶ Movie
 - ▶ Game Night
 - ▶ Arcade
 - ▶ Escape Room
 - ▶ Family Friendly Musical Venue
 - ▶ Theater

The All Day Family Date

- ▶ Set meals and Snacks for the full day
- ▶ Choose the Activity
 - ▶ Scenic day hike
 - ▶ Museum
 - ▶ Bike ride
 - ▶ Amusement park
 - ▶ Day at the lake - rent canoe or pontoon boat
 - ▶ Zoo or habitat
 - ▶ Horseback riding
 - ▶ Scavenger hunt
 - ▶ Offer suggestions

Other Fun Activity Ideas

- ▶ Write stories together
- ▶ Create art projects and host an art show
- ▶ Rent a DVD and make popcorn
- ▶ Catch a beautiful sunset
- ▶ Set a \$10 limit and see who can buy the most interesting item at a thrift shop / flea market
- ▶ Make a Family Tik Tok (Ask your kids)
- ▶ Go to a pool, beach, river or lake
- ▶ Play tag games: Freeze tag, hospital tag, etc.
- ▶ Do a science experiment
- ▶ Play video games together
- ▶ Play games online together
- ▶ Fly kites
- ▶ Barbecue
- ▶ Create an obstacle course
- ▶ Pitch a tent and sleep outside & roast marshmallows.
- ▶ Play with squirt guns and water balloons
- ▶ Build paper airplanes and have a flying contest
- ▶ Have a dance and karaoke party
- ▶ Write and produce a play together
- ▶ Have a Lego build off
- ▶ Build a rocket from a kit

Or better yet- Let the kids come up with the ideas!

Putting it all together and making the plan

- ▶ Another great opportunity for planning and learning
 - ▶ Create the schedule
 - ▶ Plan the route on Google maps
 - ▶ Review the food plan
 - ▶ Confirm the cost and availability of funds
 - ▶ Present the plan to the family

Scavenger Hunt / Clue Hunt

Create symbols that your kids look for on their hike that denote instructions or a clue

Set a course they follow with symbols drawn on the road / sidewalk in chalk

Create clues they must follow to find the next set of symbols

Along the way, kids have to collect items indicated on the scavenger hunt

Final clue leads to a treasure