

Habit 3: Taking it Home

1. Big Rocks and Little Rocks

Resources: Two clear plastic cups; little rocks (small gravel or jelly beans), enough to fill two thirds of one plastic cup; six bigger rocks, large enough to make them bulge over the rim of the cup when added to the little rocks, and markers to write on the rocks.

Fill one plastic cup two-thirds of the way to the top with little rocks. Add enough big rocks so that the big rocks bulge over the cup.

Select a family member and state: “You’ve been given a cup with big and little rocks in it. The cup represents all the time you have in a week. Big Rocks are important things that must get done. Little rocks are also important but not as important. Label each big rock with one of your most important things to do.”

Continue: “Your task is to get all the rocks into the cup so that they are below the rim of the cup. Rocks above the rim are not allowed. Find a way to make all the important big rocks fit.” (Eventually they will need to put the big rocks in first, followed by the little rocks. Some of the little rocks might not fit, which is okay because they are less important than the big rocks.)

Discuss: What does it mean to put Big Rocks first in your schedule? Why is it important to put Big Rocks first?

2. One-on-One Time with a Family Member

Go on a “date” or casual one-on-one activity with a family member. It does not need to be expensive. Ask what they would like to do, such as go for a walk, have a picnic, play a game, or work on a puzzle. Listen to them and affirm their worth and potential.

Also, look for opportunities to have daily one-on-one times with family members.

3. Family Gratitude Dinner

Turn off any distractions. Gather around the table for a family meal. Invite family members to take turns sharing what they are most grateful for in their life. Encourage family members to take turns sharing why they are grateful for each other.

4. Play Family Trivia

Materials: Index cards, pens or pencils. Optional: photographs and video clips.

Before the activity begins, ask family members to write down family trivia questions on the index cards, such as: “What pet did [insert family member’s name] have when they were young?” To add variety, select some family photos or video clips and write questions about them.

Get started. Play the game by answering the questions in a variety of ways—in teams, on a game board, or just as a quiz contest.

5. Hold Regular Family Meetings

- Be Consistent—pick a time and day and stick to it.
- Keep it short—no longer than 20-30 minutes. Make it fun.
- Create a family calendar. Update it during each family meeting.
- Take turns speaking. Allow everyone to have a voice.
- Choose a scribe to record all decisions and summarize discussions.

6. Traditions Reflection

Pull out photos and memorabilia from events that are part of your family’s traditions. Take turns sharing memories. Discuss why traditions are important to your family.

MY REFLECTIONS

ONE THING I WILL DO
