

CELEBRATING AS FAMILIES

Celebrations Unite, Motivate, and Educate Us

Why celebrate?

The pageantry, ritual, and symbolism of celebrations help us to unite, motivate, and educate to bring families closer together. Families who celebrate together are healthier and better able to meet the challenges of modern day living. Children who feel connected to their families are more likely to live by the rules of the family and community.



Celebrations:

- Rally confidence for the future. Send the message that a person is deserving, worthy, and supported by celebrating a success.
- Teach motivational values by celebrating holidays. Thanksgiving is a great time to teach about being grateful for the things we have for example.
- Teach lessons of character, values, and history.
Examples: Celebrating a marriage anniversary teaches children of love, cooperation, and commitment. National symbols and celebrations instill in us and in future generations messages of courage, freedom and perseverance

Ideas for Celebrations

A presentation of a sports award, a backyard birthday barbecue, or handing out diplomas at a graduation, family reunion camp out, a formal 90th birthday party for grandma, a back to school pool party, telling family stories as you shuck corn just before a big dinner to celebrate harvest, etc.

Here are **10** ways to celebrate your family. Incorporate those that make your family life better.

1. Write a family mission statement, motto, or creed.
2. Create a family flag, song, cheer, or handshake.
3. Press your hand or footprints into that new slab of cement you poured.
4. Have a family picnic or barbecue to acknowledge a promotion, outstanding report cards, or other accomplishment.
5. Take pictures and develop a memory book of family events.
6. Keep a family journal.
7. Design a T-shirt logo and silkscreen them for the whole family.
8. Hold a regular family activity night.
9. Interview the older members of your extended family and ask them what they know about the family history or a holiday.
10. Have memorable family meals on special occasions. For example: having a candlelight dinner, lunch in the treehouse, or a meal that is dyed green in honor of St. Patrick's Day can create wonderful family memories.