

Time

Game: Navigating the week. Break into family teams. Each team picks a table to start and moves clockwise around the room. The goal is to get through the obstacles and be the first team to get through the week.

- *I can't find my...* Roll a die and find the item indicated in a random box of stuff
 - 1=hat
 - 2=mitten
 - 3=book
 - 4=keys
 - 5=sock
 - 6=pencil case
- *Last minute science project* – the family must assemble the science project
- *Organise schedules* – each person rolls a dice and selects cards based on the number rolled. Try to figure out how to get everyone where they need to go and get done everything that needs to get done in one day.
- *Dinner dilemma* – it's dinner time, what will you eat: roll the die and find out
 - 1 = order a pizza, have someone run to the kitchen and pick up a pizza picture and runs back. Together the family must colour the pizza and include at least 3 toppings
 - 2 = make your own meal, each person pulls 3 food cards and that is what they get to eat
 - 3 = go to a restaurant, all family members go to the kid's room, sit down in a chair, name one thing they would order and then return
 - 4 = chicken fingers and fries, one family member runs to the freezer and grabs a picture of chicken fingers runs back and then a second member runs to the freezer and grabs a picture of fries.
 - 5 = peel and chop; roll the die and peel and chop the indicated number of vegetables
 - 6 = you are prepared and serve a healthy meal previously frozen skip the next table
- *Late for the bus* – Relay! Split team so two are one side and two on the other. The ones on the opposite side begin – one helps the other put on a coat, snow pants, mittens and boots and then run to the opposite side of the room where they remove these articles and put them on the another participant who runs back and gets help taking these off. The team is done and can move on.
- *Slow eater* – one person must get a cookie from their forehead into their mouths while everyone else waits cheering them on
- *Last minute quiz prep* – pick one person to be the host, roll the die the rest must answer the number of questions indicated.
- *Homework!* – everyone completes the question sheets (one per person)
- *Walk the dog* – at least 2 people in your group walk all the way around the room

Time

- *Two places at once* – split up, two in your group go to point A and two to point B, send one person from point A to point B and one from point B to point A. Lastly all return to start.

Questions

1. Which activity/activities felt most like what you experience as a family?
2. Share your schedule for a week.
3. Do you ever feel overwhelmed by all that is needed? How do you deal with that feeling?
4. Do you enjoy being busy? What would you change if you could?
5. How does your family stay organised? What is done to make sure that everyone gets to wherever they need to go?
6. What happens if something unexpected comes up?
7. What do you do in your spare time?
8. If you have an infinite number of hours in a day, what would you do?