Dear Friends,

Did you know that something as simple as sharing a meal together as a family can positively impact a young person's self-esteem, can improve academic performance, and can help prevent bullying? We are thrilled that you chose to be part of the change by participating in FAMILY DAY this year.

According to the Journal of American Medicine, less than 50 percent of American families share a meal together. According to A.C. Nielsen, the average parent now spends less than 38.5 minutes per week in meaningful conversation with their children. FAMILY DAY is intended to reverse those trends – and it is starting with YOU!

The purpose of FAMILY DAY is to set aside one day from busy schedules to connect with family by sharing a meal together – whether it is breakfast, lunch or dinner. We are excited to see families come together for at least one hour, free of social media and electronics - completely unplugged from the outside world.

We are honored to be celebrating FAMILY DAY with you on Saturday, August 15th. Thank you for being part of strengthening families and relationships in our community.

Sincerely,

Daniel J. McLaughlin, Mayor
Village of Orland Park

Priscilla Steinmetz, Executive Director
The Bridge Teen Center

VILLAGE OF ORLAND PARK ILLINOIS

THE BRIDGE TEEN CENTER

BULLYING COALITION SOUTH/SOUTHWEST SUBURBS

U.S. CONFERENCE OF MAYORS THE BULLY PROJECT MAYORS CAMPAIGN TO END BULLYING

FAMILY DAY 8.15.15

READ THIS FIRST!

THANK YOU FOR CELEBRATING FAMILY DAY WITH US!

We hope this kit will be a fun tool for your family as you commit to "unplug" from the loud world and "connect" to what is most important - ONE ANOTHER. On or before FAMILY DAY on August 15, 2015, gather the family together and explore the contents of this kit...

- Save the date: REMINDER MAGNET
- Breakfast, lunch and dinner: MEAL IDEA CARDS
- Breaking the ice: JOKE CARDS
- Media device: SLEEPING BAG
- Connect tool: HOW WELL DO YOU KNOW YOUR FAMILY?
- Connect tool: CONVERSATION STARTERS
- Connect tool: DICE GAME

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STEPS TO CONNECT

- Place your magnet on the fridge so everyone sees it (remove others so it stands out).
- Challenge family members to select one CONNECT TOOL to lead on Family Day.
- Using the MEAL IDEA CARD, select together what meal you'll share on Family Day.
- On Family Day, empty all the contents of the kit on the table.
- Place JOKE CARDS at each place setting and the remaining items at the leader's place.
- Place your SLEEPING BAG at the center of the table.
- Gather family for a family "selfie" and post to social media with hashtag #familyday15.
- Collect all media devices, turn them off, and place in the SLEEPING BAG.
- Sit down as a family and use the tools in the kit to connect.
- Begin with each member taking turns and telling a corny joke using the JOKE CARDS.

HAVE FUN!

FAMILY DAY
8.15.15

MEAL IDEAS

"Family is not an important thing.
It is everything."

Michael J. Fox

On the back of this card are some meal ideas you can use. Keep it simple (unless you're a foodie at heart), and don't let meal preparation steal the purpose of the day...

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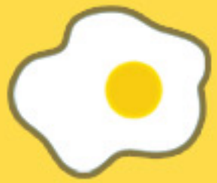

BREAKFAST

- Pull out cereal and make combinations of your favorite types. Dare one another to try different combinations.
- Two words: BREAKFAST. PIZZA.
- Cut up fresh fruit, dice up some nuts, grab some chocolate chips, and enjoy the pancake bar of your dreams.
- Put together a breakfast burrito bar.

LUNCH

- Roast hot dogs in your backyard firepit!
- Create a sandwich bar with all the fixins.
- Make a fancy cheese tray with a variety of cheeses, crackers, nuts and dried fruit.
- Go to a local farmer's market and bring your selections to enjoy in a nearby park.
- Grab a booth at your local sandwich shop.

DINNER

- Prepare a crockpot meal.
- Order a pizza and cut up a watermelon. Cap off dinner with a seed-spitting contest.
- Have breakfast for dinner!
- Rock/Paper/Scissors - winner picks the meal.
- Enjoy a meal out at your favorite restaurant.

ADDITIONAL INSPIRATION

- Try a new food for the first time together. If you are daring, make it something exotic or something from another culture.
- Draw names from a hat and fix one another's plates.
- Use Google to find new meal ideas.
- Make dinner AND clean up together.
- Pinterest users can find great recipes/ideas here: @thebridgetc/family-day

HOW WELL DO YOU KNOW YOUR FAMILY?

Each family member will need a pen and enough index cards or post-it notes for each family member. Write each family member's name on a separate card. When the leader asks a question, hold up the card of the family member that you believe is the best answer to each question below:

-Who eats the fastest?

-Who complains the most?

-Who is the worst person to watch a movie with?

-Who is on their phone, gaming system, or media device the most?

-Who has the stinkiest feet?

-Who is the most likely to get a speeding ticket?

-Who is most prone to injuries?

-Who would be most likely to help an old lady cross the street?

-Who has the worst sweet tooth?

-Who takes the longest in the bathroom every morning?

-Who has the messiest room?

-Who farts or burps most often?

-Who can eat the most pizza?

-Who sings in the shower?

-Who would make the best President?

-Who would make the worst President?

-Who has the messiest closet?

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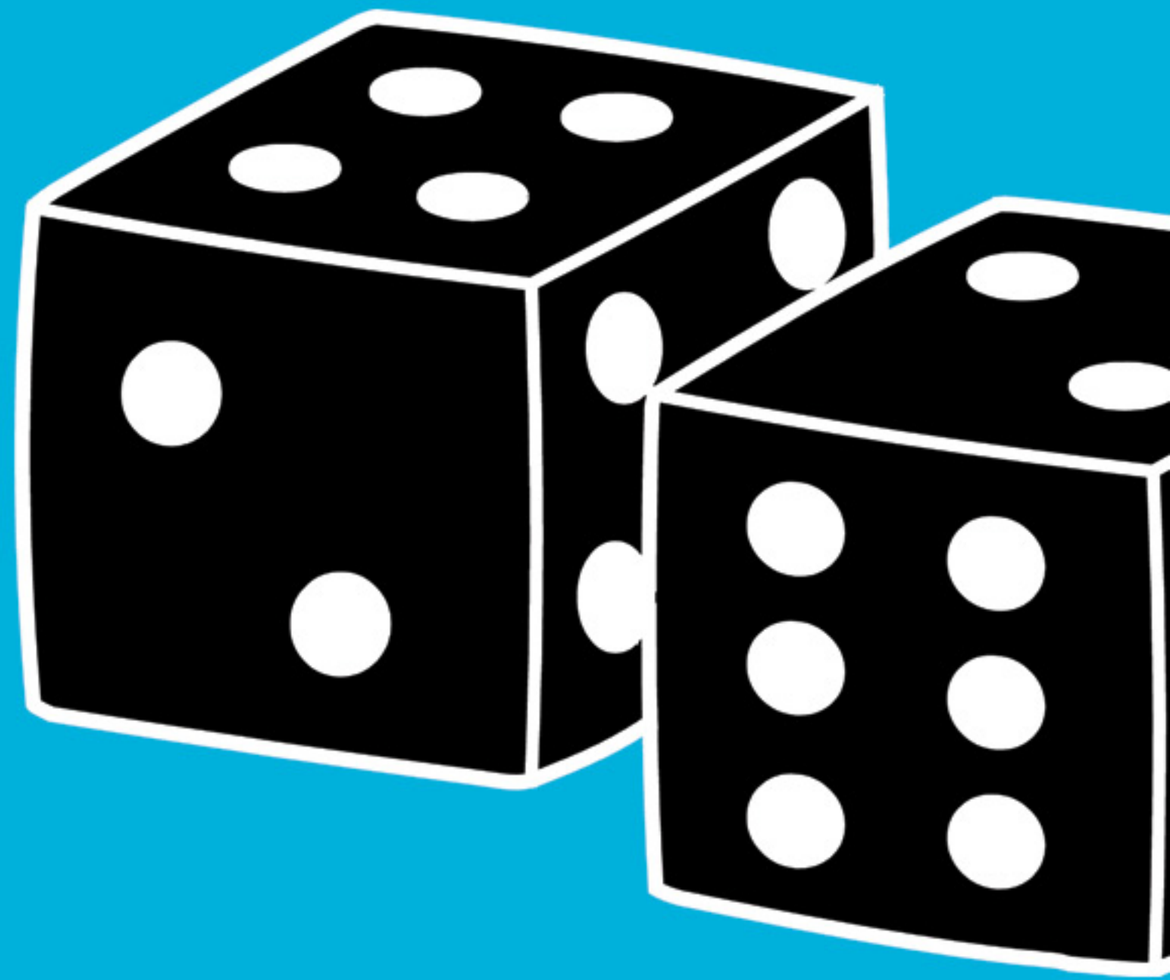
FAMILY DAY 8.15.15

DICE GAME

INSTRUCTIONS:

Each member takes a turn rolling the dice. Whatever number the dice lands on is the number of "things" you have to share about your week. "Things" can include little or big things - what you had for lunch, who you ran into, the fact that you drank the last of the milk and put the carton back in the fridge empty, and so on. If you really want a challenge, act out your "things" and make your family members guess.*



*Not suggested if you are dining out!

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CONVERSATION STARTERS

What is one thing you would never sell no matter what someone was willing to pay?

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CONVERSATION STARTERS

Name your 3 favorite things. If you are a parent, you can't say your kids!

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CONVERSATION STARTERS

If you could plan your own birthday bash and money was no object, what would you plan?

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CONVERSATION STARTERS

If you had to live inside a TV show for a whole week, what show would you choose?

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CONVERSATION STARTERS

If a genie could grant you 3 wishes, what would they be?

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CONVERSATION STARTERS

If you could transform into any animal, what would it be and why?

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CONVERSATION STARTERS

What is your best memory of your father, mother, or guardian?

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CONVERSATION STARTERS

When you feel sad or down, what cheers you up?

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CONVERSATION STARTERS

If you could trade lives with someone you know, who would it be?

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CONVERSATION STARTERS

Do you think any of your neighbors are scary? If so, why?

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INSTA-JOKE

FAMILY DAY 8.15.15

WHY ARE PIRATES CALLED PIRATES?

ANSWER: BECAUSE THEY ARRRRR.

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INSTA-JOKE

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WHAT DO YOU CALL A GRANDMA ON SPEED DIAL?

ANSWER: AN INSTAGRAM.

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WHAT DID WINNIE THE POOH SAY TO HIS AGENT?

ANSWER: SHOW ME THE HONEY!

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WHY CAN'T YOUR NOSE BE 12-INCHES LONG?

ANSWER: BECAUSE THEN IT WOULD BE A FOOT.

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INSTA-JOKE

FAMILY DAY 8.15.15

WHY DID THE DINOSAUR CROSS THE ROAD?

ANSWER: BECAUSE THE CHICKEN JOKE WASN'T INVENTED YET.

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