



Hot Wings

Giving Love Getting Love

Give it – Get it

We all know it's important for our family to know how much we love and care for them. Unfortunately sometimes life gets too crazy to stop and do it. This activity called Give it – Get it is all about giving and receiving love and appreciation.

Here's how it works:

Give everyone a separate sheet of paper for each member of the family. Write the names at the top. On this paper, the family member writes 3 compliments or things they love about the person whose name is at the top. It's important to be specific!

Examples:

- I love how when I wake you up in the morning, you jump right out of bed with a smile.
- Thanks for always taking out the garbage on Mondays without being asked.
- Thanks so much for helping your sister with her homework. She loves the attention and it has helped her get better grades.

Each family member can designate a place for their mailbox for delivery at a later time. Fold the pieces of paper and put them in the designated location. Some good spots: inside a school lunchbox, on a pillow at bedtime, under the cereal bowl at breakfast. Each person now has several pieces of positive feedback from every member of their family. What a great feeling!