

PACE AND SPACE FOR THE FAMILY WORKSHEET

If you feel the speed of family life is racing too fast, consider reviewing your child's/family's weekly schedule in light of the following questions and determine if there are activities that should be eliminated.

1. Does the balance of activities reflect your family values?
2. Do activities reflect each family member's temperament, interests, and energy level?
3. Does each family member's pace and schedule bring out the best in him/her?
4. Are there any activities that your family engages in only because "that's what everyone does"?
5. Are there rituals/traditions that can be established to help ensure Play Time, Down Time and Family Time (PDF)?
6. Are there activities that can be eliminated regularly or seasonally?