

Activity: Sharing Traditions

What are your favorite holiday traditions that you really want to continue in your life? Have you managed to blend your favorite traditions with your partner's favorites? Have the two of you created new traditions of your own? When we begin our own adult lives together, we have to decide how we blend the traditions of our old family with those of our new family. In blended families, we also have to consider how we continue or change traditions for children when divorce or remarriage occurs.

Instructions:

Step 1 – Below are four common types of family traditions. For each type, write in three traditions from your own family. For example, at Christmas it may have been a tradition to open gifts on Christmas morning. In other families, gifts may have been opened on Christmas Eve.

<p style="text-align: center;">Holidays</p> <hr/> <hr/> <hr/> <hr/>	<p style="text-align: center;">Birthdays</p> <hr/> <hr/> <hr/> <hr/>
<p>Traditions</p>	
<p style="text-align: center;">Religion</p> <hr/> <hr/> <hr/> <hr/>	<p style="text-align: center;">Marriage</p> <hr/> <hr/> <hr/> <hr/>

Step 2 – In the blank spaces below, identify four other family traditions or identify new traditions you would like to begin (examples: family vacations, graduation parties, etc.).

Step 3 – When you have completed steps 1 and 2, swap papers with your partner and discuss.

Step 4 – Continue your conversation later in order to learn a little more about your partner's family traditions and discuss how to create some new ones of your own!

Activity Take-Away: Traditions provide families with the foundation for comfort, familiarity, fun, memories and consistency. All of these can help deepen family bonds and relationships.