



## Instructions: Sharing Traditions

### Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Provide each participant with a copy of the Sharing Traditions activity.
3. Instruct the couple to review the activity and complete all sections.
4. Upon completion of the exercise, review the activity Take Away section with the couple.

### Tips for Discussion and Processing

Case managers should help couples understand the following:

- Traditions are practices or beliefs that create positive feelings and are repeated at regular intervals. They're more than routines, which are often common everyday activities that require no special behavior and involve little emotion.
- Often, traditions are handed down from generation to generation, but families can create their own traditions as well.
- Traditions can also come from cultural or ethnic customs and should be respected (should differences occur for this reason).
- Traditions have meaning that is special to an individual family; they create feelings of warmth and closeness. By spending time together in a fun and special setting, family members can grow closer and create positive memories.

**Title:** Instructions: Sharing Traditions

**Group Size:** 10 to 50+; must be even numbered group as they will work in pairs

**Time Needed:** 15 minutes (discussion times vary)

**Goal:** To inform couples of the importance that traditions play in families and offer suggestions for creating some of their own family traditions together.

**Audience:** Couples

**Special Considerations:**

### Resources Needed:

- Activity – Sharing Traditions
- Writing utensils

## Resources:

More Ideas for Traditions

[http://www.focusonthefamily.com/parenting/building\\_relationships/rites-of-passage-for-your-daughter/more-ideas-for-traditions.aspx](http://www.focusonthefamily.com/parenting/building_relationships/rites-of-passage-for-your-daughter/more-ideas-for-traditions.aspx)

Family Traditions: 10 ideas to get you started

<http://simplemom.net/family-traditions-10-ideas-to-get-you-started/>