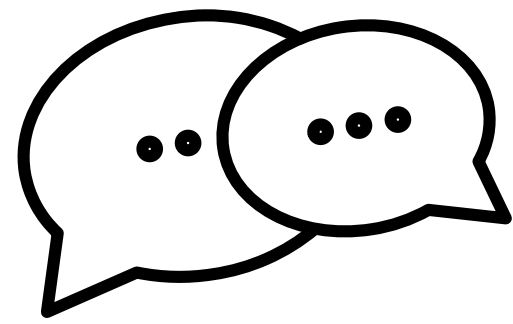


FBG FAMILY ROUNDTABLE



Rhythms and Seasons

Use this worksheet as a guide to talk about your regular rhythms and seasons

Below make a list of your regular routines and rhythms of life. Think about the things you do every day. Write down the things that happen that are so regular that you don't have to put them on the calendar. Think through bedtime routines, morning routines, meal time routines, places you go at least once a month.

Write down the seasons of life that create a different routine for your family. Holidays are different. Summer for many families are different. What about things you do once a year (church events, trips, special occasions, etc).