

# Family Night

## By Jessika Kopp

This concept isn't a new one by any means. Lots of families sit down and have moments and special times together. Years ago our family made the decision that Friday nights would be a priority for us. Life is chaotic and busy and things are always getting in the way of family. Not to mention that the enemy hates families. He actively works against us and Gods design for the family. So, years ago the mama bear in me said "ENOUGH!" this is too important for us to be so unintentional about. So Friday nights became a non negotiable for us. It was a promise we made to the Kids that once a week Mom and Dad would show up with no phones and our attention 100% on them. Everything else in our life got told NO. It has become a habit now and our family and friends know that Friday night (the occasional Saturday) is a no go for us.


So how does it work in our house?

We have a couple of rules that help us to make sure that Family night is wonderful.

- 1.No phones. If I'm honest my phone makes me a terrible parent. There is nothing that pulls me away easier and for a longer amount of time then uselessly scrolling. So goodbye phone
- 2.It has to be intentional. I don't want to get to Friday night and be scrambling to figure out what we are going to do.
- 3.Everyone is on clean up duty. Some of the things we have done have a ridiculous amount of clean up. It is nights my kids will NEVER forget but we are a team so we set up, enjoy and clean up together.

Some of our favorite nights have been:

Pizza and movie night  
Around the world food with a virtual tour of the country  
Basement campouts  
Ninja warrior night  
Door to door ninja  
Blind baker (Oh sweet baby Jesus this was messy)  
Make you own \_\_\_\_\_  
Lego wars  
Stop motion video night  
History/Disney/Star Wars trivia nights



There are many and you would be here for awhile if I listed them all!  
At the end of it all I ask myself was this intentional?  
Did it work for our family?  
Did we engage our kids hearts well?

My husband works long hours so if he comes home on a Friday night, laying down to watch a movie is something that would not work because he will fall asleep every time, and that completely takes the intentionality out of family night. So for example on nights where he is really tired a 5 hour family night activity is not going to go over well, but a 30-45 min activity where he is completely engaged is perfect. Make it work for you and your life, set yourself up to win.

Some of my favorite family night resources are:

Kids in mind

When we sit down to watch a movie with our kids I want to know exactly what I'm showing them. This website breaks it down for parents about the content in the movie. How many swears, what the characters are wearing basically everything you could want to know. We use it because its our job to protect our kids and their innocence.

<https://kids-in-mind.com>

Vidangel.com

This is the coolest. I can rent a movie, stream it, and put as many of the parent controls on as I want. I can take out swears and gore and anything sexual. It gives our family so many more safe options.

<https://www.vidangel.com>

Family adventure challenge

This is amazing! This book is filled with family adventures for a whole year. Every week we scratch off a square and find out what we will do that week, we have been so surprised at the fun we have doing the activities.

[https://ca.theadventurechallenge.com/collections/family-edition?utm\\_term=family%20adventure%20book&utm\\_campaign=General Family Search US&utm\\_source=adwords%20&utm\\_medium=ppc&hsa\\_acc=2233757441&hsa\\_cam=12495170359&hsa\\_grp=124200090932&hsa\\_ad=5%2004236397496&hsa\\_src=g&hsa\\_tgt=kwd-314571596862&hsa\\_kw=family%20adventure%20%20book&hsa\\_mt=e&hsa\\_net=adwords&hsa\\_ver=3&gclid=EALalQobChMIhuHTprq18AIVAx6tBh31%20AQ9iEAAYASAAEgKf0fD\\_BwE](https://ca.theadventurechallenge.com/collections/family-edition?utm_term=family%20adventure%20book&utm_campaign=General%20Family%20Search%20US&utm_source=adwords%20&utm_medium=ppc&hsa_acc=2233757441&hsa_cam=12495170359&hsa_grp=124200090932&hsa_ad=5%2004236397496&hsa_src=g&hsa_tgt=kwd-314571596862&hsa_kw=family%20adventure%20%20book&hsa_mt=e&hsa_net=adwords&hsa_ver=3&gclid=EALalQobChMIhuHTprq18AIVAx6tBh31%20AQ9iEAAYASAAEgKf0fD_BwE)