

Faith@Home

Building Strong Families



High and Low

Best Use

Anytime the family is eating a meal together

Nutritional Value

Quality family time sharing stories and responding

Advance Preparation

- A time to eat a meal together as a family
- Put phones and electronics away (no TV)

During The Meal

1. Go around the table and give each member of the family an opportunity to express the high point and low point of his or her day.
2. Establish the rule that each person must take a turn—even if they had an uneventful day.
3. Make it clear that everyone must listen to the others in order to show respect.

Family Meal: High and Low

Sometimes a person's high or low could be connected to something one of the other family members did. It could be positive or negative.

- If a child's low was when Dad hurt his or her feelings, Dad is able to apologize if he hasn't already done so.
- If a child's high was playing a game with a sibling, it creates a chance to make the sibling feel good about what he or she did.

Mom and Dad can infuse fun and reinforce important values during this time. Examples:

- Dad might say his high for the day was smooching Mommy when he got home from work—thus instilling a sense of security in the children.
- Mom might say her high was when a child helped clean up without being asked.
- Dad can then have fun by saying, "My low was discovering Mommy's high wasn't smooching me back!"

Once you've done this activity the first time, you can turn it into a regular tradition by shouting "High-Low" during every family meal.

This activity should not feel forced and is great for families at any stage of life.