

Take 15

Taking 15 minutes to focus on a relationship is important to building communication skills and the family relationship. List nine activities to describe ways a parent can interact with his or her child for 15 minutes. Describe the benefits of the interaction to the parties involved along with an explanation. Write a summary sentence at the bottom of the page.

Activity	Benefit to the family unit	Explanation
Take a walk around the neighborhood	<ul style="list-style-type: none"> • Exercise • Fewer distractions can lead to open communication 	You are comfortable to open up and be aware of your opinions and feelings, so you can adequately convey them to others.

Summary: _____

