

# Ready, Set, Relax!

A few years ago (3, I think?) an organization in our county enacted a yearly event called "Ready, Set, Relax!". Every year, on the first Monday of October, families in the county are encouraged to take off and set aside everything outside of family: no work, no meetings, no private lessons, no practices, rehearsals, games, homework, tv, nor internet. Every local entity takes part; ie, the teachers don't assign homework and various civic groups (the Girl Scouts, the local city councils, etc.) reschedule their meetings for this day. The idea is that for at least one day, families can enjoy each others company. I think it's a great thing, and even though I feel that our family is blessed with much more "together" time than most, we enthusiastically participate in "Ready, Set, Relax!" each year. This year, we made sure to have a sit-down family dinner together (which can be surprisingly difficult to accomplish when you have 4 kids of different ages!), then we took a long walk together. When we got home, the two eldest planned a carnival for us parents and their youngest siblings which included a puppet show, dancing, playing games, and story time. It was so much fun! Even though we are blessed enough to be able to spend a lot of time together as a family, "Ready, Set, Relax!" gives us just another excuse to enjoy each other. It's definitely something we will do year after year, and something I hope might catch on for the rest of the country!