

# MARRIAGE

## Lesson 14

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### Workbook Assignment

### *Family Vacation*

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#### Overview

Learning how to relax and have fun together as a family is a worthwhile activity. In most households, the daily routine of living rarely permits family members time or opportunity to consistently build meaningful connections with each other. Families need the opportunity to work at the skill of enjoying one another's company and developing interpersonal relationships.

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#### Objectives

- ◆ Students will use money from the recreation portion of the family budget to plan a family vacation.
  - ◆ Students will analyze the benefits of spending time with family away from daily activities.
  - ◆ Student couples will determine the destination, duration, costs, and other details concerning the vacation.
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#### Vocabulary

stress

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#### Key Concepts

- Families are under outside pressures that do not allow for quality time spent together.
  - People behave differently when removed from daily routine.
  - Getting away from routine to rest and relax reduces stress.
  - Parents and children benefit from the opportunity to build meaningful relationships with one another.
  - Vacations should be enjoyable and taken when needed.
  - Family members can participate together in planning a vacation.
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#### Preparation for Lesson

The teacher will need:

- Worksheet *Family Vacation*

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- Show the students the overhead transparency **Planning A Family Vacation** and discuss.
  - Tell the students that they will now have the opportunity to plan a “family” vacation. Direct their attention to the *FamilyVacation* page in the workbook. Assign this lesson as homework. Students will have to spend some time outside of class finding information and discussing the details of their vacation. Students tend to be very creative with this assignment. **Emphasize the fact that the amount of money each family has to spend is less important than making sure the time spent together is meaningful.**
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## LECTURE NOTES:

There are different types of stress. Eustress is motivating and provides the “spice of life” that keeps individuals focused and moving forward. Distress produces anxiety which lowers the immune system and generally has negative effects. Most individuals are unaware of the amount of distress they are experiencing or the degree to which it controls daily functioning. People just know that they feel “stressed out”.

There are two types of negative stress: short-term and long-term. *Short-term* stress is stress that develops due to a certain condition or event that triggers a heightened body response: breathing and heart-rate increase, muscles become tense and there is an increased state of arousal due to adrenaline. Before long, the situation that produced the response passes and the body returns to a normal state. *Long-term* stress is stress that is on-going. The body responds to the stress but is not allowed to return to normal within a reasonable period of time. This type of stress is damaging over time.

Stress affects all members of the family. Pressures from inside as well as outside the family accumulate and must be reduced periodically to increase effective functioning. When individuals take time away from the daily routine, they can refocus their attention on other areas of importance. Spending time building meaningful connections with loved ones is one of the most beneficial results of the family vacation.

Guidelines have been suggested to help family members attain the intended results: *plan ahead, make it a priority, set aside the money, choose a destination together, get away regularly, give each person a task (checking maps, counting the suitcases, accounting for other family members, etc.), use the time to build meaningful relationships with each other.*

# FAMILY VACATION

It is important that the family spend time having fun together. Vacations take planning, but the rewards are numerous. Using the money set aside in the budget for *Recreation*, plan a vacation that you can afford and that will be enjoyable. Include the destination, costs, length of time spent, and which family members are going along. (If young children are not going on the trip, be sure to explain how they will be cared for.)

DESTINATION: \_\_\_\_\_

COST: \_\_\_\_\_

DESCRIPTION OF VACATION:

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