

FAMILY TRADITIONS PLANNER



Plan the rhythms, celebrations, and memories your family wants to keep.

Inspired by The Year of the Dad by Michael D. Young

WHAT THIS PLANNER HELPS YOU DO

- Notice the traditions your family already has - even the small ones.
- Plan birthdays, holidays, meals, school-year rituals, summer rhythms, faith practices, and memory-making.
- Decide what to keep, what to simplify, and what you want to pass to the next generation.

INSIDE

WEEKLY RHYTHMS

BIRTHDAYS

HOLIDAYS

FOOD

SCHOOL YEAR

SUMMER

HOW TO USE THIS PLANNER

start with what already matters

Traditions do not have to be elaborate.

The manuscript treats traditions as ordinary repeated acts that can become powerful family memories: Saturday pancakes, special family evenings, birthday rituals, holiday foods, yearly projects, and planned summer activities. This workbook is designed to help you notice those rhythms and make them intentional.

A SIMPLE TRADITION TEST

- ☐ Does this bring us together?
- ☐ Does it fit our values, faith, heritage, or personality?
- ☐ Can we repeat it without creating unhealthy stress?
- ☐ Do the kids look forward to it?
- ☐ Would we miss it if it disappeared?

THREE WAYS TO USE THE PAGES

KEEP

Write down traditions you already love and protect space for them.

SHAPE

Simplify traditions that have become too expensive, stressful, or complicated.

START

Choose one or two new traditions that fit your family instead of adding everything at once.

MASTER TRADITIONS INVENTORY

what already belongs to us?

Start by listing traditions you already repeat. Include big annual events and small routines that your children may already consider “what our family does.”

Tradition	When?	Why it matters	Keep / Change / Retire

LOOK FOR: meals • birthdays • holidays • bedtime • weekly family time • school milestones • summer • trips • faith • service • photos • games • one-on-one time

YEAR-AT-A-GLANCE TRADITIONS CALENDAR

annual celebrations + seasonal rhythms

Use this page to see when your traditions land. Leave breathing room: the goal is a family rhythm, not a packed calendar.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

WEEKLY & MONTHLY RHYTHMS

the traditions that make ordinary weeks feel like home

WEEKLY RHYTHMS

Family night / faith night _____

Family dinner rhythm _____

Game or movie night _____

Special breakfast _____

One-on-one dad time _____

MONTHLY OR SEASONAL RHYTHMS

Monthly outing _____

Service project _____

Family council / planning night _____

Photo or memory night _____

Seasonal project or adventure _____

OUR HOUSE RULES FOR FAMILY TIME

Examples: phones away at dinner • everyone gets a turn choosing • we clean up together • no teasing during performances • we keep it simple enough to repeat.

BIRTHDAYS & MILESTONES

make the person more important than the production

BIRTHDAY TRADITION BLUEPRINT

Morning tradition

Favorite meal / treat

Gift-opening ritual

Words of love / blessing / wishes

MILESTONES WE WANT TO MARK

☐ First day / last day of school

☐ Graduations

☐ First job / first paycheck

☐ Baptism or faith milestones

☐ Driver's license / major independence

☐ Other:

WHAT SHOULD THE BIRTHDAY PERSON FEEL?

☐ Seen and known

☐ Celebrated without comparison

☐ Free to enjoy a favorite food or activity

☐ Connected to family history or tradition

HOLIDAYS & HERITAGE

celebrate what your family wants to remember

The manuscript repeatedly connects traditions with heritage - from St. Nicholas Day to Christmas cookies and family-made holiday projects. Use this page to choose which customs you want to keep and why.

Holiday / Season	What we do	Food / Music / Activity	Why we keep it

HERITAGE QUESTIONS

Which traditions came from grandparents or great-grandparents? Which reflect our faith, culture, places we have lived, or family stories? Which traditions do we want our children to explain to their children someday?



WEEKLY

Saturday pancakes or another recurring breakfast

Our version: _____



SPECIAL DAYS

Breakfast in bed, birthday meals, celebration dinners

Our version: _____



HOLIDAYS

Christmas cookies, seasonal baking, edible projects

Our version: _____



FAMILY TABLE

A regular dinner rhythm with shared cleanup

Our version: _____

SCHOOL-YEAR TRADITIONS

recognize growth, not just grades

START-OF-YEAR

Photo / interview tradition _____

Back-to-school meal or blessing _____

One goal each child wants to work toward _____

DURING THE YEAR

How we notice effort _____

How we celebrate improvement _____

How we make time for family despite activities _____

How we record funny / memorable school moments _____

END-OF-YEAR RECOGNITION

Plan a family recognition night: note each person's growth and accomplishments, read clues or highlights, applaud each family member, and choose a simple way to celebrate.

Our plan: _____

SUMMER TRADITIONS

write it down so the season does not disappear

OUR SUMMER ANCHORS

- ☐ A weekly pool / water day
- ☐ A family sport or outdoor activity
- ☐ One trip or day adventure
- ☐ A skill / talent to practice
- ☐ A lazy-day tradition we protect

SUMMER PLAN

Week / Month	Activity	Who plans it?	Cost / prep

POST IT WHERE EVERYONE CAN SEE IT

The manuscript specifically recommends sitting down together at the beginning of summer, choosing activities as a family, writing the plan down, and posting it in a visible place.

Where will ours live? _____

Not every tradition needs a holiday. A recurring errand, snack, outing, bedtime routine, or project can become something children associate specifically with Dad.

ONE-ON-ONE

A recurring outing with one child at a time.

Our version: _____

ERRAND + TREAT

Turn a normal grocery or hardware-store run into a little ritual.

Our version: _____

PROJECT

Build, cook, fix, garden, or make something together.

Our version: _____

ADVENTURE

Campout, hike, bike ride, fishing, stargazing, or another repeatable outing.

Our version: _____

MEMORY-KEEPING TRADITIONS

save the stories, not just the stuff



FAMILY PHOTO RHYTHM

When we take a family picture _____

Where we save / print it _____

One photo tradition we want to repeat _____

TIME CAPSULE

Choose a year to seal and a year to reopen. Invite every family member to contribute something that captures the present: a letter, list of favorites, photo, drawing, ticket, prediction, or small keepsake.

Seal year: _____

Open year: _____

Where stored: _____

MEMORY LOG

Date	Tradition	One thing we want to remember

FAITH, GRATITUDE & SERVICE

repeat what you hope will shape character

FAITH RHYTHM

Family prayer, scripture, family night, worship, or another recurring spiritual practice.

Our tradition: _____

GRATITUDE RHYTHM

A meal, holiday, weekly check-in, or bedtime habit where family members name blessings.

Our tradition: _____

SERVICE RHYTHM

Choose a repeatable way to help neighbors, relatives, church/community members, or people in need.

Our tradition: _____

NEW TRADITION BUILDER

design one tradition you can actually repeat · template 1

TRADITION NAME

WHEN WILL WE DO IT?

WHO TAKES THE LEAD?

WHAT ACTUALLY HAPPENS?

WHAT DO WE NEED?

WHAT WILL IT COST?

WHY DO WE WANT TO KEEP THIS?

☐ Simple enough to repeat

☐ Kids can participate

☐ Fits our values

NEW TRADITION BUILDER

design one tradition you can actually repeat · template 2

TRADITION NAME

WHEN WILL WE DO IT?

WHO TAKES THE LEAD?

WHAT ACTUALLY HAPPENS?

WHAT DO WE NEED?

WHAT WILL IT COST?

WHY DO WE WANT TO KEEP THIS?

☐ Simple enough to repeat

☐ Kids can participate

☐ Fits our values

YEAR-END TRADITION REVIEW

keep what gives life; change what does not

TRADITIONS WE LOVED

TRADITIONS THAT NEED TO CHANGE

ONE NEW TRADITION FOR NEXT YEAR

Why this one? _____

The traditions I most hope my children pass on:

OUR FAMILY TRADITION LEGACY

what do we hope survives us?

THE FIVE TRADITIONS I MOST WANT TO PASS DOWN

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT THESE TRADITIONS SAY ABOUT OUR FAMILY

A NOTE TO MY CHILDREN

Someday, when you are building homes and traditions of your own, I hope you remember...

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The best traditions are the ones your family wants to remember.