

Relational Resilience #10

Know what can get in the way of our relationships? Our devices! (Things like smart phones, tablets, TV, computer, etc.) Set a goal to put your device away for one hour sometime today. (Classroom time doesn't count!) Instead, focus on spending quality time with another person.

Who was the person?

How did it go?

Do you think it's worthwhile to put your device away more in the future?
Why or why not?

