

FLIGHT LIGHT * PLAN*

LEADERS GUIDE



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PREPARE FOR TAKE OFF

ALL SCRIPTURE IS INSPIRED BY GOD AND IS PROFITABLE FOR TEACHING, FOR REBUKING, FOR CORRECTING, FOR TRAINING IN RIGHTEOUSNESS, SO THAT THE MAN OF GOD MAY BE COMPLETE, EQUIPPED FOR EVERY GOOD WORK.

2 TIMOTHY 3:16-17



- 1. What issues do you think will be difficult for you in the next few years?
- 2. What kind of man do you want to be when you are grown up?*
 - a. Why did you pick those things, traits, or roles? What is important about them?
 - b. What do you think it will take become that kind of person?
- 3. How would you define manhood?**
- 4. Where do you go for advice when you are not sure what to do?**
- 5. Why did God give us the Bible? What do you think is the purpose of the Bible?** (Check 2 Timothy 3:14-17)
- 6. How can you seek God's plan as you work through this book together?
- 7. What do you hope to learn by reading this book?
- 8. If you could have one question answered about the road ahead for you, what would it be?**

ACTIVITY



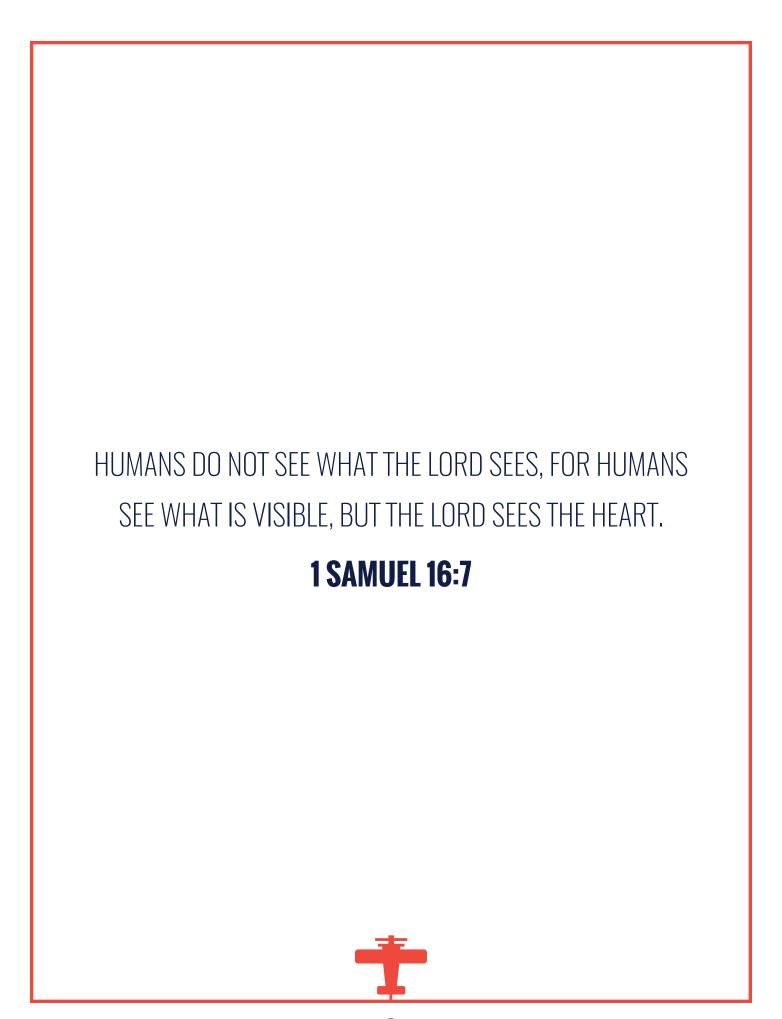
EXPLORE YOUR FAMILY HERITAGE

Along with your son, explore the heritage of the men in your family (grandfathers, great-grandfathers, uncles, etc.). Find an old photo album or items left behind by one of these family members. Ask him what his favorite stories about those men are. Talk about what you'd want to imitate in those men, and what want to avoid or learn from. For example, what challenges did they overcome? Did they demonstrate kindness and help others? Were they quick to laugh? What are you proudest about in your family?

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this question in the book

THE SIX MYTHS OF MANHOOD



- 1. When you are lonely, uncertain, or afraid, do you have someone to talk to? If so, who is that person? If not, who do you wish you could talk to?
 - a. Dads—this is the chance for you to take an opportunity to learn who your son trusts. Sharing something that makes you lonely, uncertain, or afraid can show humility and help to earn your son's trust. Don't try to force trust—it can take time to build.
- 2. What accomplishments or activities do you use to describe yourself? Look back at the difference between success and greatness—what would it look like to be truly great in that activity?**
 - a. Think of some of the things you admire in your son. Feel free to share those with him.
 - b. As your son talks about how he describes himself, gently point him back to what real manhood is.
- 3. Is there something you really want to try, but you're afraid of what other people will think?**
 - a. What was something you wanted to try when you were younger but were too afraid to? Share with your son.
- 4. What is the coolest adventure for a boy your age you've ever heard about?**
 - a. Share a memory of an adventure you went on as a kid.
- 5. Beside your body, how do you think you are different from a girl your age? How are your mom and dad different?
- 6. How do you become a man? At what point does it happen?**
- 7. Which myth of manhood are you most likely to believe?*
- 8. How do you know what myth isn't true? For this question, we recommend helping your son look up Bible passages related to this myth.

ACTIVITIES



REAL MEN IN MOVIES

To help your son discern true manhood from the myths of manhood, take some time together to watch a movie featuring a male hero. Afterwards, talk about whether your son thinks the hero is a true man. Was the hero shaped by myths about manhood, like not showing emotion or giving up adventures? Help him think about what parts of the hero are manly and honorable.

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this question in the book

REAL-WORLD MYTHS

When you are with your son, keep your eyes out for ads marketed to men or talking about men. Next time you and your son are watching TV, listening to radio, scrolling past an online ad, or driving past a billboard, ask him if the ad says anything about what it means to be a man. Has the ad repeated any myths about manhood? Is the ad pointing to anything true about what it means to be a man?

THE SEVEN VIRTUES

FOR YOU ARE SAVED BY GRACE THROUGH FAITH, AND THIS IS NOT FROM YOURSELVES; IT IS GOD'S GIFT—NOT FROM WORKS, SO THAT NO ONE CAN BOAST.

EPHESIANS 2:8-9



- 1. True Friend: When is the last time you shared something that's hard for you or important to you with a friend? Is there anything you think you should with a friend that you haven't shared yet? What do you think is stopping you?
 - a. Dads—Share about someone who you would consider to be a true friend in your life. How long have you been friends? How long did it take to develop that friendship? How has your friendship been valuable or helpful? (You'll talk about this more in the next chapter.)
- 2. Humble Hero: Think about somebody you really look up to. What makes that person a hero?*
- **3. Servant Leader:** How is a servant leader different from other leaders? Can you think of an example of a servant leader?
- **4. Pacesetter:** At your school or in your community, what problems do you see? What seems wrong or unfair? What can you do about it?**
- 5. **Bold Adventurer:** What is a really adventurous thing for a middle-school boy to do? What is a really adventurous thing for a high-school boy to do? What about for a dad?
- **6. Noble Knight:** Who do you know that really needs protection this week? What can you do to provide that protection?
- 7. Faithful Follower: Have you asked God for a new heart? Why or why not?
- 8. Which virtue or virtues do you think comes easily to you? Is there a virtue that is especially challenging for you?**
 - a. Dads—are there any virtues that you think your son excels at? Encourage the good you see in him! Take some time to thoughtfully call out specific ways your son shows or has shown one of the virtues.

ACTIVITY



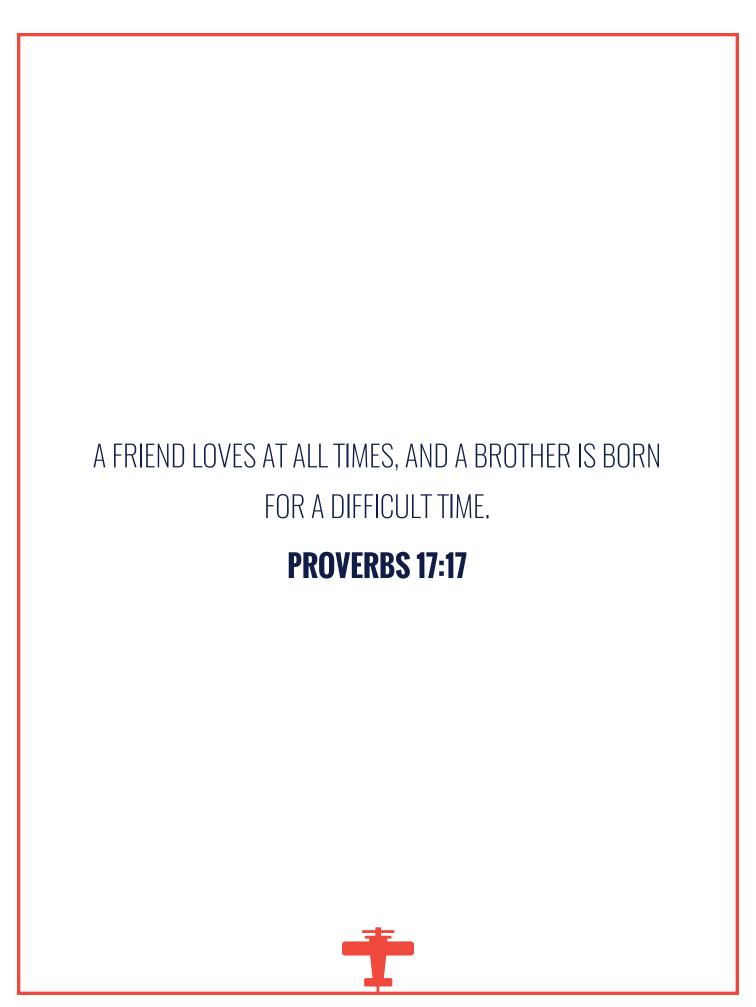
THE MANLY HALL OF FAME

Find a modern day example of a man who is an example of each of the seven virtues of manhood. Create a Hall of Fame of the virtues.

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this question in the book

FINDING YOUR TRUE FRIENDS



- 1. Think about the guys you are closest to. Are they true friends or shallow friends?**
- 2. Why do you have the friends that you do? What do you look for in a friend?**
 - a. Dads—Do you have a good friend as an adult who you might not have naturally been friends with in school? Talk about that friendship with your son.
- 3. Are any of your classmates or friends from a different background? What person from a different background can you try to build a friendship with? What can you do to build it?
- 4. What act of service and kindness could you do for a friend this week?
 - a. Dads—What's a meaningful act of kindness you've either received or given? How did you or the recipient respond?
- 5. Do you talk with your friends about deep and important and emotional issues or do you keep that hidden? Are there issues or struggles that you are hiding from your friends?
 - a. Dads—Have you ever had a moment when being vulnerable and honest enabled some body to help you or speak truth to you?
- 6. Do you have a friend right now with whom you need to have a difficult but loving conversation?
- 7. Do you have any friends right now who are leading you away from becoming a godly man? Do you need to let go of any friendships?
- 8. Are your friends and activities keeping you too busy to have alone time with God? If so, what adjustments might you need to make to create that time?

ACTIVITY



THE MAN YOU WANT TO BE

Take a piece of a paper and ask your son to brainstorm a bunch of character qualities he would like to have. Help him find Bible passages that might have examples about what's important. Here are a few passages to start with:

- Romans 12:9-21 (a summary of Christian living)
- Galatians 5:22-23 (the fruit of the Spirit)
- Ephesians 4:1-3 (humility, gentleness, and patience)
- Ephesians 4:31-32 (kindness, compassion, and forgiveness)
- Philippians 2:1-4 (putting others first)
- Colossians 3:12-17 (another summary of following Christ)

^{**}Your son answered this question in the book

Then take a new page and ask him to make a list of the 5 traits that are most important to him. Encourage him to humbly consider himself. What traits can he see developing in himself? In what areas does he need to grow? What are steps he can take towards living out these traits?

RESISTING PEER PRESSURE

DO NOT BE CONFORMED TO THIS AGE, BUT BE
TRANSFORMED BY THE RENEWING OF YOUR MIND, SO THAT
YOU MAY DISCERN WHAT IS THE GOOD, PLEASING, AND
PERFECT WILL OF GOD.

ROMANS 12:2



- 1. If you could read people's thoughts about you, would you? Why or why not?**
- 2. What types of peer pressure have you already faced?**
 - a. Dads—Think about a time you experienced peer pressure, either recently or in school. Talk about the consequences. Did you wish you would've done something differently?
- 3. Do you have a friend who will stand up with you and hold you accountable for making good decisions? If you don't have a person like that in place already, who would be a good person to ask?
 - a. Dads—Do you have an accountability partner? If you do, how has that relationship been helpful to you? Was it difficult to set up that relationship?
- 4. Think about the guys you spend your time with. Is what is cool with your friends cool with God?
- 5. Are you doing anything now to renew your mind—to see the world the way God sees it? What can you do this week to renew your mind?**
- 6. Have you faced situations when you had to choose between loyalty to a friend and loyalty to the group? What did you do?
- 7. Have you created an image of yourself for others to see that is not the real you? If so, what is that image, and why did you do it?
 - a. Dads—Is this something that you struggle with? Lead in vulnerability here. How do you want people to see you that may not be a true image of yourself? What does it mean to be yourself?**

ACTIVITIES



PLANNING FOR PEER PRESSURE

With your son, imagine different situations where your son will be faced with peer pressure. Ask him how he would make decisions in each of those situations. What specifically could he say? What could he do instead of giving in to peer pressure? Work with your son to brainstorm a list of fun things to do as another option when he is faced with peer pressure.

MOVIF NIGHT

Many popular movies address some aspect of peer pressure, like *Finding Nemo*, *Wonder*, and *The Sandlot*. With your son, watch one of these movies (or another movie that addresses peer pressure), and use it as a springboard to discussing choices and peer pressure.

^{**}Your son answered this question in the book

THE DANGERS OF ALCOHOL AND DRUGS

AND DON'T GET DRUNK WITH WINE, WHICH LEADS TO RECKLESS LIVING, BUT BE FILLED BY THE SPIRIT.

EPHESIANS 5:18

YOU HAVE PUT MORE JOY IN MY HEART THAN THEY HAVE WHEN THEIR GRAIN AND NEW WINE ABOUND.

PSALM 4:7



- 1. What kind of man do you want to grow up into? Do you think drinking as a teenager will help you become this man, or will it sabotage you? *
 - a. Dads—Do you have any experience with underage drinking or drugs? Depending on the story, it could be helpful to share with your son.
- 2. Have you already been in situations where there were opportunities for drinking, smoking, or using drugs? What did you do?
- 3. If you have not yet been in situation where there is drinking, what age do you think this will first happen?
 - a. Dads—when we ask this question, we find that many boys think this won't happen until their early twenties. You may want to talk to your son about teen drinking or tell him about when you were first offered alcohol.
- 4. What are the differences between your parents having a beer or glass of wine and you drinking one?**
- 5. Why do you think teenage boys drink, smoke, and use other drugs?
- 6. Imagine you are invited to a party where there will probably be alcohol. What are some excuses you could use to avoid the temptations that will be at that party?
- 7. What can you be doing to have noble, helpful adventures so you aren't looking for fake adventures with alcohol and other drugs?**
- 8. When you feel lonely, disappointed, or stressed, what do you do? Do you have a healthy way to address those feelings that will make you less likely to respond with drinking or drugs?

ACTIVITIES



OUR FAMILY BACKGROUND

Talk with your son about your own experiences with alcohol and drugs. Share with him if there was behavior in your teens that you regret and, if so, what kind of consequences you experienced.

Explain to your son why you do or do not drink. What do you think of as excessive drinking, and why? If there is alcoholism in your family, discuss how that shapes how you (and someday your son) approach alcohol. Invite your son's questions about drinking and alcohol.

GAME PLAN

Take some time to talk through the ideas your son had for things to say when being invited to a party with drinking or being offered a drink. Help them craft responses or shift the blame onto you if you think that'd be helpful to them. Be sure to set up a plan if they need to get out of a risky party situation. (For example, how should they contact you to pick them up from a party?)

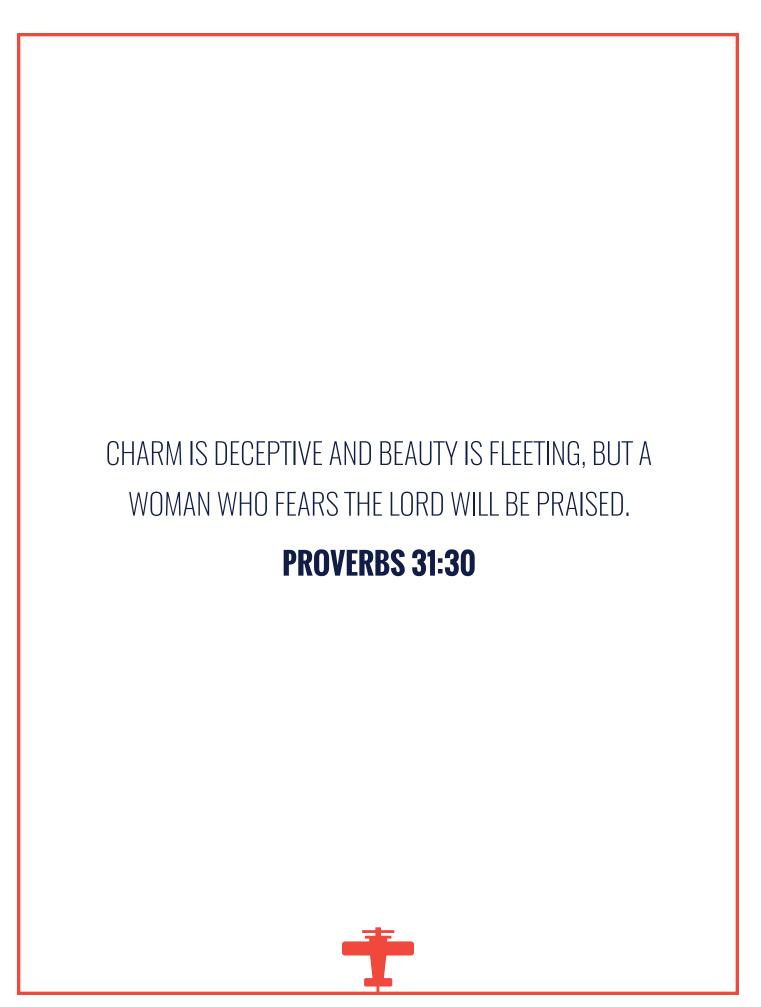
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REAL ADVENTURES

If possible, look for a way you can help your son have a real adventure. Take time this weekend to go hiking or canoeing, build something, explore a museum, or do something else together.

RELATIONSHIPS AND DATING



- 1. Do you have feelings of attraction for girls yet?
- 2. When you think about girls, what goes through your mind?**
- 3. Do you and your guy friends talk about girls? If so, how do you talk about them?
- 4. How does God say we should think about or talk about girls?
- 5. What kind of girl would you want to date? What would she be like?**
 - a. Dads—Talk to your son about some of the things that you love about your wife. This can be a good way to show your son how he should talk about girls.
- 6. Why is it important to date someone who loves Jesus?
- 7. What are some of your responsibilities as the guy on a date or in a relationship?
- 8. When do you think someone is old enough or mature enough to start dating? Do you think teenage boys should are ready to date? Why or why not?

ACTIVITY



SHARING YOUR STORY

Describe your first date with your wife—what went well and what would you have done differently.

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this question in the book

UNDERSTANDING PUBERTY

DON'T YOU KNOW THAT YOUR BODY IS A TEMPLE OF THE HOLY SPIRIT WHO IS IN YOU, WHOM YOU HAVE FROM GOD? YOU ARE NOT YOUR OWN, FOR YOU WERE BOUGHT AT A PRICE. SO GLORIFY GOD WITH YOUR BODY.

1 CORINTHIANS 6:19-20



- 1. What is God's purpose and plan for sex?**
- 2. If an unmarried couple is in love and has been dating for a long time, what is wrong with having sex?

 What are the dangers and downsides of sex outside of marriage?**
- 3. If you are with a girl you aren't married to, what physical actions are pleasing to God?
- 4. Have you made a commitment to save yourself sexually for your future wife? Why or why not?
- 5. What do you think the situation would be in which you would be most likely to have sex? How can you avoid that situation?
- 6. Think about the last time you had an angry outburst? What do you think was really going on with your emotions?**
- 7. What should you do when you feel angry?**
 - a. Dads-What do you do when you feel angry? Do you have any strategies that help?

ACTIVITY



ANY QUESTIONS?

Invite your son to ask you any other questions he has about puberty or sex. Remind your son that you went through this too and that you'd rather talk through this honestly with him than have him try to figure things out on his own.

If he has questions, aim to answer them as honestly as possible without introducing any tempting ideas or images. Maybe even share some stories of your experiences (humorous or serious) to get the conversation rolling.

FOR DADS

Why Is This So Awkward?

For most fathers, discussions about puberty and sex can be awkward. Many dads tell us that their parents never talked with them about these topics when they were boys.

But boys want to hear about the changes they will experience from their fathers. Dads need to start the conversation and give sons the opportunity to listen, learn, and ask questions. All boys have questions, but it may take some time before you and your son are comfortable discussing those questions. Stay the course and remember that this is all part of God's plan.

^{**}Your son answered this question in the book

PURITY AND PORN

SET YOUR MINDS ON THINGS ABOVE, NOT ON EARTHLY THINGS. FOR YOU DIED, AND YOUR LIFE IS HIDDEN WITH CHRIST IN GOD. WHEN CHRIST, WHO IS YOUR LIFE, APPEARS, THEN YOU ALSO WILL APPEAR WITH HIM IN GLORY. THEREFORE, PUT TO DEATH WHAT BELONGS TO YOUR EARTHLY NATURE: SEXUAL IMMORALITY, IMPURITY, LUST, EVIL DESIRE, AND GREED, WHICH IS IDOLATRY.

COLOSSIANS 3:2-5



- 1. Have you already faced the temptation to look at explicit images?**
 - a. If you have been tempted, where were you when you were tempted? What steps are you going to take to protect yourself from that situation in the future?**
 - b. If you haven't been tempted yet, what steps are you going to take to protect yourself from tempting situations?**
- 2. Think about the lyrics of your three favorite songs.*
 - a. What sort of messages about women and sex do they contain?
 - b. What do they say about what's important in life?
 - c. Are they consistent with the Biblical view of those things?
 - d. Do you need to get some new music?
- 3. What are the last three movies or TV shows you watched?*
 - a. Are they corrupting your image of girls and women?
 - b. What shows and movies are out right now that you are tempted to see but know you should not?
- 4. Do you have a friend or mentor who will hold you accountable in your effort to be pure? If not, who would be someone you could ask?**
- 5. What can you do to train your mind to think about things that are pure, noble, and excellent?**

ACTIVITY



JUST RELAX

There is a lot of new and awkward stuff in this chapter and the previous chapter, and your son will probably feel a little uncomfortable as he thinks through it and talks about it with you. To make sure he knows you're still there for him, do something normal and fun together— maybe tossing a ball around, working on a project, or going on a bike ride. Don't force that time together to be a context for talking about puberty or sex. Just spend time hanging out with your son and letting him know you love him.

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this guestion in the book

SCREENS, STORIES, AND SONGS

FINALLY BROTHERS AND SISTERS, WHATEVER IS TRUE, WHATEVER IS HONORABLE, WHATEVER IS JUST, WHATEVER IS PURE, WHATEVER IS LOVELY, WHATEVER IS COMMENDABLE—IF THERE IS ANY MORAL EXCELLENCE AND IF THERE IS ANYTHING PRAISEWORTHY—DWELL ON THESE THINGS.

PHILIPPIANS 4:8



- 1. What are some shows or YouTube channels that you are currently watching?*
- 2. Would any of those shows be good for us to watch together?
- 3. What are some of your favorite songs to listen to these days? What do you like them?**
- 4. How much time do you think you spend on screens per day? How much time do you think I spend on screens each day?
 - a. You may want to suggest to your son that you each keep a log for a week to find out how much time you are both spending looking at screens.
- 5. How do you know when you have had enough screen time?
- 6. What are some activities you would like to do that do not involve screens?
- 7. What are your favorite video games?
 - a. Ask your son to give you a tour of the games he is playing.
- 8. Are there people that you communicate with online that you have never met in person?

ACTIVITY



LEARNING TO TALK ON THE PHONE

Many boys do not have much experience talking on the phone. Consider asking your son to make a call for you—maybe have him place a pizza order over the phone or call his grandparents. Coach him through the experience.

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this question in the book

LOVING YOUR FAMILY

HONOR YOUR FATHER AND MOTHER, WHICH IS THE FIRST COMMANDMENT WITH A PROMISE, SO THAT IT MAY GO WELL WITH YOU AND THAT YOU MAY HAVE A LONG LIFE IN THE LAND.

EPHESIANS 6:2-3



- 1. What are the differences between a good friendship and a good relationship with a parent?
- 2. Is there anything I'm doing that makes you feel stressed out or hurt?
- 3. What do you wish that I understood better?
- 4. Do you feel like you can talk to me if something's wrong?
- 5. What do you think is more important to me—my job or my relationship with you?
- 6. What can you do this week that would help your mom and show her you love her?
- 7. How have you been getting along with each of your siblings recently?
 - a. Do you need to apologize to or forgive anybody?
 - b. Are there things you keep fighting about?
 - c. Are there ways they hurt your feelings that you should talk about?
 - d. What's one thing you can do this week to love each of your siblings?
- 8. Are you doing anything on a regular basis in your family to demonstrate responsibility and maturity? If not, what could you do this week?

ACTIVITY



FAMILY MOTTO

Get out a big piece of paper and brainstorm things your family is known for and things your family aims for. Circle the 2-4 things that are most important to you, and then combine them into a family motto.

A single sentence can't include everything, but it gets at what the main purpose is in your family. It serve a compass to guide your decisions and day-to-day life. For example, in one household from our school, the family motto is, "Take Initiative for the Good of Others." It's simple and easy to remember, but living it out can shape every part of our lives.

FOR DADS

For Kids of Divorced Parents

Children of divorced parents face some unique tensions and issues:

- They can feel embarrassment, shame, confusion, and sometimes anger or loneliness.
- They have to deal with the grief of not getting to spend as much time with one parent, and they often feel a loss of security that the family provided.

- They often feel divided loyalties between their mom and dad, and they can feel pulled between the two of them, between two households, or between their old family and a new blended family with step-siblings or half-siblings.
- They need to learn how to share things with new siblings, including the time and attention of a parent.
- They have to adjust to new rules and personalities. In blended families, they can feel like they have to choose between loving their dad or step-dad, or between their mom or step-mom.
- They have to still figure out how to honor and obey their parents—and forgive them. It's a lot of tough things to deal with during the already-challenging season of adolescence.

As you help your son process these tensions, here are a few questions to ask your son:

- 1. Do you feel like you are getting to spend enough time with me?
- 2. Have you ever feel like I have put you in an awkward position?
- 3. How can I do better at showing you I love you?

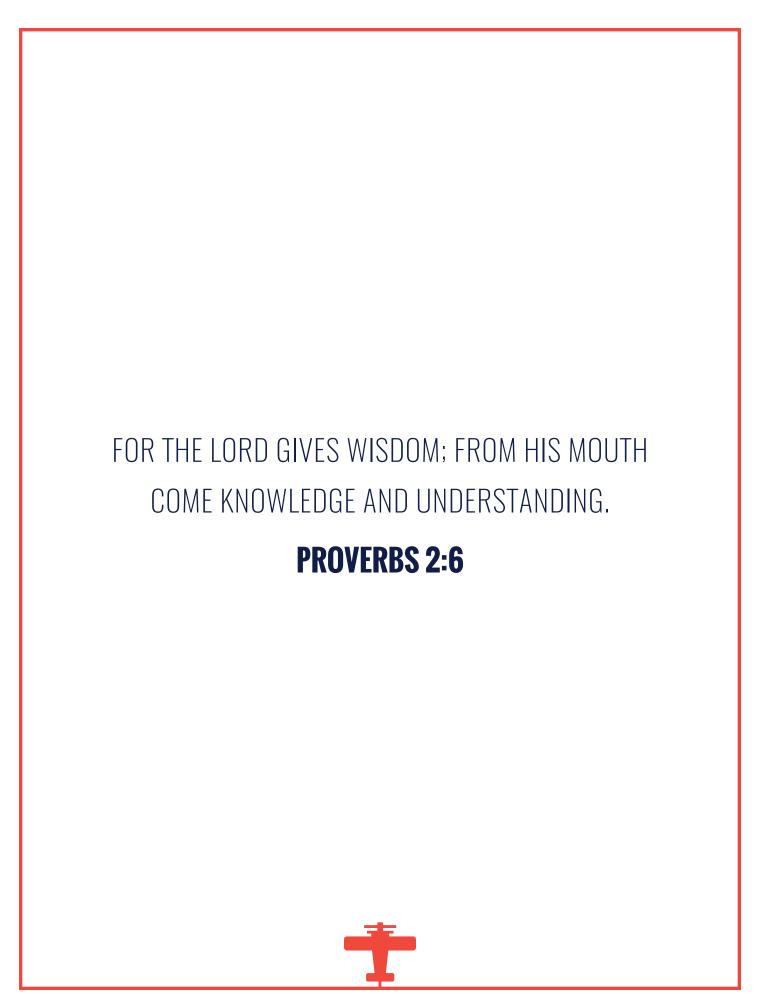
Greatness in Your Family

In his book *Raising Kids for True Greatness*, Dr. Tim Kimmel lists ten ways you can be a great member of your family:

- 1. Everybody helps everybody always, in whatever ways are needed
- 2. Be upbeat, positive, and encouraging
- 3. Remember, "please" and "thank you" are not just good manners—they're the calling cards of a grateful heart
- 4. Have a lot of fun, just not at the expense of anyone else
- 5. Each week, do your best to eat as many meals as possible together as a family
- 6. Respect one another's space and stuff
- 7. Guard family traditions, and do your best to celebrate all birthdays, holidays, and major milestones
- 8. Guard the morals and integrity of everyone around you
- 9. Be quick to rally around a family member who is down, whether it's a result of sickness, injury, failure, rejection, or discouragement
- 10. Assume that the Lord Jesus is a participant in every detail of your family

How could you lead your family toward these goals this week?

WHY SCHOOL MATTERS



- 1. Are there any subjects in school that have felt boring recently? What can you do about that?
- 2. What has been the most difficult thing about school recently? Are there any ways I can help?
- 3. What subject or topic really excites you? What can you do to dig in and learn more about it?*
- 4. Does how you do in school really impact your future?
- 5. What are some good reasons to study? What are some not-so-good reasons?**
- 6. When you sit down to do your homework, what motivates you? What reasons to study are you usually thinking about?**
- 7. Are you stressed at school?**
- 8. How many hours have you slept for each of the last seven nights? Are you sleeping enough? If not, what changes do you need to make, or what discipline do you need to develop?

ACTIVITIES



DRAFTING GOALS

Help your son to brainstorm a list of goals for the next few weeks at school. Encourage him to think about both academic goals (like getting an A on a test next week) and character goals (like talking respectfully about a teacher that his friends like to make fun of).

Then help him brainstorm some goals for this school year. Finally, work together on goals for the rest of his academic career. Does he want to get into a really good college or become the captain of his sports team or get a certain kind of job?

READING LIST

What is your son reading for school? Talk to him about the books he is reading—especially any books that he finds interesting or that have given him a lot of questions. When you can, make an effort to read at least the first chapter or two of the book so that you discuss it with him.

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this question in the book

TARGETING TRUE SUCCESS

MORE THAN THAT, I ALSO CONSIDER EVERYTHING TO BE A LOSS IN VIEW OF THE SURPASSING VALUE OF KNOW-ING CHRIST JESUS MY LORD. BECAUSE OF HIM I HAVE SUFFERED THE LOSS OF ALL THINGS AND CONSIDER THEM AS DUNG, SO THAT I MAY GAIN CHRIST.

PHILIPPIANS 3:8



- 1. What are some things that make you really happy? Are they things you can control and count on?**
- 2. What do you think the difference is between happiness and joy? If you could just have one, which one would you want and why?**
- 3. How does the world define success? How does God define success? How do they compare?**
- 4. What are some of the good things about having money?**
- 5. What are some of the dangers of having money?**
- 6. What is a way you messed up or failed recently?**
 - a. How did that feel?
 - b. Do you think God was teaching you anything through that?**
- 7. What is the purpose of life? Are your goals aligned with God's goals?**
- 8. Think about how you are spending your time and your money. Does it match up with those goals?*

ACTIVITY



REAL SUCCESS

Make a list of people who the world says are successful. Make a second list of people that you would view as successful from a biblical perspective. What are the differences?

^{*}Your son wrote about this question in an online journaling prompt

^{**}Your son answered this question in the book

CLEARED FOR TAKE OFF

FOR YOU WERE CALLED TO BE FREE, BROTHERS AND SISTERS; ONLY DON'T USE THIS FREEDOM AS AN OP-PORTUNITY FOR THE FLESH, BUT SERVE ONE ANOTHER THROUGH LOVE.

GALATIANS 5:13



- 1. What is the hardest thing about being your age?
- 2. What worries you about the teenage years up ahead?
- 3. Is there anything I can do to be a better dad to you? Is there anything you need or want from me as your dad?
- 4. What do you think it means to be a man?*
- 5. Did reading this book change that definition for you? If so, what changed?*
- 6. What other topic would it be helpful to you for us to discuss?

ACTIVITIES



PICK A LIFE SKILL

Brainstorm a list of what you want your son to be able to do before he leaves your house for college. Then pick one of those skills and teach it to your son this week.

FLIGHT PLAN GRADUATION CELEBRATION

Write a letter for your son that you can read to him or give to him. You may want to tell him how proud you are of him, what you like about him, and/or your hopes for his future. It would also be a nice surprise for your son if the letter were on nice paper—it will probably be something he will treasure for a long time. Consider going on an adventure with your son—maybe a camping trip, a visit to an amusement park or water park, or a trip to another city. On your adventure, take time to share the letter with him. Try to plan meaningful conversations with him—try to be rested before your trip; plan out questions you can ask him during meals, hikes, or drives; and listen carefully to what he has to say.

^{*}Your son wrote about this question in an online journaling prompt