

Emotional

- Watch a good movie
- Write each other positive notes
- Verbalize and talk about feelings
- Draw self portraits
- Say “I love you”
- Spend time writing
- Have a sing-a-long
- Tell jokes
- Try a new craft

Mental

- Read together
- Draw or write stories
- Kids meditation
- Find shapes in clouds
- Practice belly breaths
- Go on a walk to find new things
- Make vision boards
- Try headspace for kids
- Create mandalas
- Make mindfulness jars
- Play mind strength games like Memory

Physical

- Dance party
- Go for a walk
- Family bike ride
- Take a hike
- Play kickball
- Tag
- Roller skating
- Go to the pool
- Jumprope
- Kids yoga
- Wii fit games

Practical

- Clean up
- Declutter old toys
- Assign chores
- Make a grocery list together
- Learn about money
- Make a weekly budget check-in
- Make a weekly cleaning check-in
- Homework/study
- Have a morning & night routine

Spiritual

- A gratitude list
- Go outside
- Talk about forgiveness
- Write thank you’s
- Volunteer
- Spend time outside or with nature
- Practice positive self-talk
- Plant a tree

Social

- Play in the park
- Call relatives
- Have a family dinner
- Play boardgames
- Plan a BBQ
- Join a team
- Do a neighborhood food drive
- Have talks about friendship and how to be a friend
- Send a letter in the mail
- Create a book or movie club with friends and talk over phone/Zoom about what you read/watch

Just stay curious

