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Activity

Plan Family Activities

Spend time with family or close friends each week for a month. Make specific plans so you don't miss an opportunity to enjoy the people you care about most.

Week 1: Start Moving

Find a free afternoon or evening to enjoy an active game or hobby with your family:

- Walk through a nearby park, neighborhood or nature reserve.
- Go camping and hike, fish or swim around the campgrounds.
- Play a game of catch, shoot some hoops or golf.
- If you have young kids (or older ones who aren't self-conscious) have an impromptu dance party and boogie down in your living room.
- You know each other best—take turns choosing activities you all enjoy.

Week 2: The Way to the Heart is Through the Stomach

Sample new foods as a family! You can make it personal by trying foods that relate to your family heritage or by sharing your personal favorite snacks and meals, or you could just take turns researching meals none of you have eaten before. Just make sure you have fun together as you shop, cook and enjoy the finished product.

Week 3: Learn About Each Other

Plan a show-and-tell in your backyard or living room and take turns sharing your favorite things: card and board games, books, jokes, drawings, experiences and anything else you want to talk about.

Week 4: Help Your Community

Find a way to improve the community you live in: You could volunteer time at a shelter or retirement home, pick up litter in public areas, serve meals at a shelter, or simply donate clothes, books or food.

Family Matters

Time spent with family (whether that means blood relatives or trusted friends) has been shown to provide a greater sense of purpose, discourage the development of unhealthy lifestyle habits and help people cope with trauma.