



FAMILY MATTERS

Spend quality time with those you care about most.

When You're Headed Outdoors

- Play hide and seek
- Visit a park
- Ride bikes or take a walk

During the Day

- Play mini-golf
- Hike trails
- Work in a garden

When You're Staying In

- Play card games or board games
- Create an indoor obstacle course
- Make inexpensive arts and crafts

For the Night Owls

- Look at the stars
- Make healthy snacks and have a movie night
- Talk about your day

YOUR WELLBEING ACTIVITY

PLAN FAMILY ACTIVITIES

Spend time with those closest to you and complete a different activity each week.