

QUALITY FAMILY TIME

FAMILY BONDING IDEAS

- Cooking Night
- Yoga on Youtube
- Cards or Board Games
- Livingroom Camping
- Breakfast in Bed
- Fort Building
- Cooking Class
- Tea Party
- Movie Night
- Write Letters to Friends
- Craft Time
- Paint Kindness Rocks
- Clean out the Closets
- Go for a Walk
- Dance Party
- Lego Building
- Read Stories
- No Rules Night
- Call Loved Ones
- Make Sure Own Pizzas
- Formal Dinner Night
- Create a Budget
- Do a Puzzle
- Put on a Talent Show
- Hide N Seek In The Dark
- Nerf Gun or Squirt Gun Fight
- Stargazing
- Bike riding
- Sock Puppet Show
- Make Indoor Family Videos

CREATE YOUR OWN IDEAS

-
-
-
-
-
-
-
-
-

YOU MIGHT LOVE...

[THE BEST 40 BOARD GAMES FOR KIDS](#)

[15 MINDFULNESS ACTIVITIES YOUR KIDS WILL LOVE](#)



CLICK ME





MY GOAL SHEET

1. ONE FUN THING I WANT TO DO TODAY

You could build a fort, play outside, have a talent show, watch a movie...

2. ONE LEARNING ACTIVITY I WANT TO DO TODAY.

Do you want to improve your math skills, read a book, learn about Science?

3. ONE KINDNESS ACTIVITY I WILL DO TODAY

Choose from the options below.

- | | | |
|--|---|---|
| <input type="checkbox"/> Write a letter | <input type="checkbox"/> Give a compliment | <input type="checkbox"/> Tell a joke |
| <input type="checkbox"/> Call a relative | <input type="checkbox"/> Share | <input type="checkbox"/> Draw a picture for someone |
| <input type="checkbox"/> Say something positive | <input type="checkbox"/> Tell someone you love them | <input type="checkbox"/> Name 5 things you are thankful for |
| <input type="checkbox"/> Help out around the house | <input type="checkbox"/> Water plants | <input type="checkbox"/> Smile |

4. NAME SOMETHING GREAT ABOUT TODAY...