

FAMILY FUN ACTIVITIES

when you're running out of things to do



01.

BUILD YOUR OWN PIZZA NIGHT

add a few pizza ingredients to your next online pick up grocery order and gather the family in the kitchen to build their own personal pan pizzas



STAR GAZING

stay up late and head outside to check out the constellations! there are free apps to download to your phone that can show you the stars and constellations as you hold your phone or tablet up to the sky

02.



DAILY MEDITATION

meditation reduces stress and anxiety, enhances self-awareness and promotes emotional health. check out these free apps!



03.

ALPHABET LETTER PHOTOGRAPHY

challenge your family to find the letters of your last name or their names in nature or everyday objects and set them loose with their cameras



04.



...and don't forget to take care of yourself!
check us out on Facebook to take a self assessment of your own self-care practices

We all thrive in a world with structure and predictability. With the disruption to our daily routines during the stay at home order, it becomes so important to develop new routines at home that are educational, playful and most of all, focuses on bonding as this will help both you and your teen during unsettling times. By now, you may have exhausted your creative brain on activities to fill the days of sheltering in place. Weekly, I will share some ideas on activities that your family may enjoy. I'd also like you to share any creative activities your family has enjoyed so I am able to pass those ideas along too! Below are links for articles or recipes shown on the left. Stay safe and enjoy each other!

<https://www.thepinningmama.com/how-to-throw-a-homemade-pizza-party/>

<https://igamemom.com/star-gazing-apps-skyview-free-star-walk/>

<https://www.self.com/gallery/free-meditation-apps>