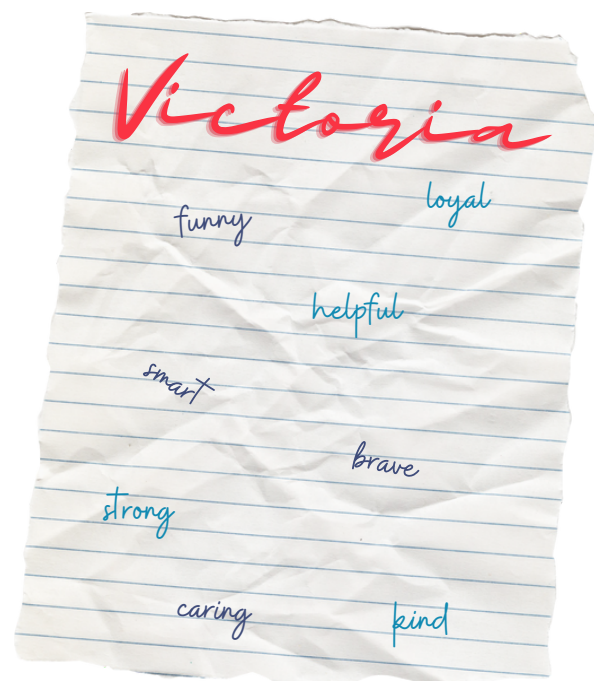


Strength Bombardment

- Take a piece of paper and write one family member's name in the middle.
- Everyone else take turns listing strengths and positive things about the person whose name is written
- After the paper is filled, move on to the next family member!
- Everyone can keep the paper with their name and have it to reflect on the positive things their family sees in them!



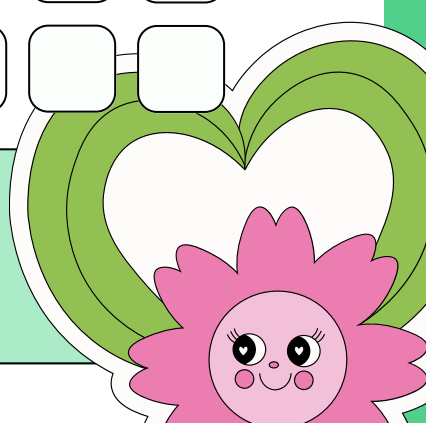
Healthy Habits



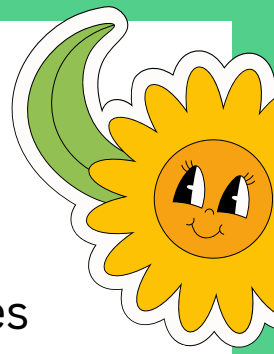
Use the tracker below to write down some healthy habits you want to do. Then mark off each day you complete that task!

WHAT I DO	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF REFLECTION NOTE:



Healthy Habits



Need some health habit ideas? Try out some of the ones listed below, or come up with your own as a family!

WASH YOUR HANDS

BRUSH YOUR TEETH TWICE A DAY

DRINK WATER

EAT FRUITS AND VEGGIES EVERY DAY

CHOOSE A NON-SUGARY SNACK

HAVE A HEALTHY BREAKFAST

SPEND TIME OUTSIDE

GO TO BED AT THE SAME TIME

TRY NEW EXERCISE

SPEND TIME WITH YOUR FRIENDS

DO SOMETHING FUN EVERY DAY

DO SOMETHING KIND FOR SOMEONE

SPEND LESS TIME WATCHING TV

CLEAN YOUR ROOM

READ A BOOK

WRITE IN A JOURNAL

PRACTICE MEDITATION

SPEND TIME DOING A QUIET ACTIVITY

SPEND TIME WITH FAMILY

LEARN SOMETHING NEW

WRITE YOUR OWN HERE:

Family Goals

Spend some time together to set some family goals. You can display these goals somewhere everyone can see!

NAME:
FAMILY GOAL I WANT TO TRY:

NAME:
FAMILY GOAL I WANT TO TRY:

NAME:
FAMILY GOAL I WANT TO TRY:

NAME:
FAMILY GOAL I WANT TO TRY:

Family Goals

Want some ideas for family goals? We have a few you can use, but try to come up with some that work for you too!

RELATIONSHIPS:

- HAVE A WEEKLY FAMILY NIGHT
- GET TO KNOW EVERYONE'S FRIENDS
- START A FAMILY BOOK CLUB

FAMILY PROJECTS:

- COOK A MEAL TOGETHER
- LEARN A NEW SKILL TOGETHER
- CREATE A FAMILY SCRAPBOOK

HEALTH:

- SET UP A NO-PHONE ZONE
- PLAN A WEEKLY PHYSICAL ACTIVITY TOGETHER
- DO A WATER DRINKING CHALLENGE TOGETHER

CHARITY:

- START RECYCLING AND UPCYCLING
- DO A STREET, PARK, OR BEACH CLEAN UP
- SUPPORT AN ORGANIZATION YOU LIKE

ADVENTURE:

- SAVE UP FOR A SPECIAL FAMILY TRIP
- TRY A NEW ACTIVITY
- GO SOMEPLACE NEW