

Stay Active

Walk. Bike. Garden. Stretch. Run. Spring Clean.
Use fitness channels, videos and apps for workouts.

Be Productive

Designate individual work/homework spaces. Use timers to define work time. Powow in between. Divide chores.

Unplug

Designate specific tech free time each day.

Dine

Make your table beautiful even if your meals are simple. Set a new topic for each meal or use conversation cards.

Play

Play games. Do crafts. Watch a movie.
Set obstacle courses.

Be Grateful

Set out a jar or vase for everyone to write a daily gratitude on a scrap of paper to put in the jar.

Vent

Same as above but substitute a gratitude with a frustration. Burn, bury, or shred them to 'let them go.'

Unwind

End (and start) your day with mindfulness. Meditate. Pray or journal. Say an affirmation. Breathe. Stretch.