

# A Week of Healthy Habits for your family

Choose 1 (or more) activity each day

## **Monday: Energize ~ make movement a fun part of your day!**

- Take a family walk
- Have a dance party! Everyone pick a song & get your groove on
- Play Freeze Dance
- Make a fun obstacle course or hopscotch

## **Tuesday: Clean ~ Tackle ONE area that's been piling up** (depending on your children's ages you may need to help them).

- A shelf or junk drawer
- Mail pile
- Under the bed

## **Wednesday: Self-care ~ do something that makes you feel relaxed**

- Take turns rubbing each-others feet
- Add bubbles or a fun bath bomb to your bath
- Cuddle for 15 minutes
- Practice several rounds of 4-8-8 breathing (breath in deeply for 4 seconds, hold for 8, then exhale for 8)
- Play the gratitude game during dinner (everyone shares!)

## **Thursday: Purge ~ clear space & create openness**

- Have a bunch of magazines that you've been meaning to get to? If it's been more than 2 months and you don't have a set time, let them go.
- Get rid of old school papers that are just taking up space
- Delete old emails (or unsubscribe), same for voicemails



## **CONTINUED - Thursday: Purge ~ clear space & create openness**

### **Kid Tasks ~**

- Test out pens to see which need to be tossed, and sharpen any pencils that need it
- Sort or count cards/board games to make sure they have all their pieces, throw away ones that don't

## **Friday: Donate ~ let go of what is no longer useful and can help someone else.**

- Everyone find 3-5 things in your closet you don't need anymore
- Schedule a donation pick up or find where the nearest dropbox is
- Donate your time - volunteer
- As a family pick a charity to support and make a donation (some favorites of ours are Feeding America, Clean Water) - kids can even do a job or chore to earn money towards the donation.
- Donate books you no longer read to a public library or classroom.

## **Saturday: Health ~ try one new healthy item or habit!**

- Cut out one "junk" food for the day (ex. soda)
- Try a new veggie or "superfood"
- Make a fresh salad to enjoy
- Cook a healthy meal together as a family
- Make an infused water to enjoy (cucumber & mint, peach & ginger, and strawberry & basil are some of our favorites).

## **Sunday: Digital Detox ~ give your family a break from screen time**

- Play a family card or board game
- Take the afternoon off from electronics
- Go explore a nature center, park or other outdoor area
- Turn your TV & phone off at least 1 hour before bed

