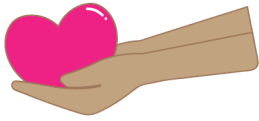


CONNECTION

Challenge



Mark off each activity when you complete it.



- Screen-Free Dinner** - Put away all of your devices and enjoy a meal together. Talk about the best (or silliest!) part of your day.
- Family Gratitude Jar** - Each person writes something they're grateful for and adds it to a jar. Read them together at the end of the week.
- Silly Storytelling Night** - Take turns adding to a made-up story. The sillier, the better! Bonus points for illustrations!
- Random Acts of Kindness** - Each family member does one kind act for another. Share what you did at the end of the day.
- Memory Lane** - Look through old family photos or videos and talk about your about favorite moments.
- Nature Walk & Talk** - Take a walk together and find at least three interesting things to share about what you see.
- Dance Party** - Put on a favorite song and dance around the house!
- Question of the Day** - Ask fun, open-ended questions like, "If you could have any superpower, what would it be?"
- Game Night** - Play a board game or a simple card game as a family.
- Hugs & High Fives** - Start and end each day with a hug, high-five, or words of encouragement.



caPa 