

NAME: _____

Fun

Relaxing

1.)

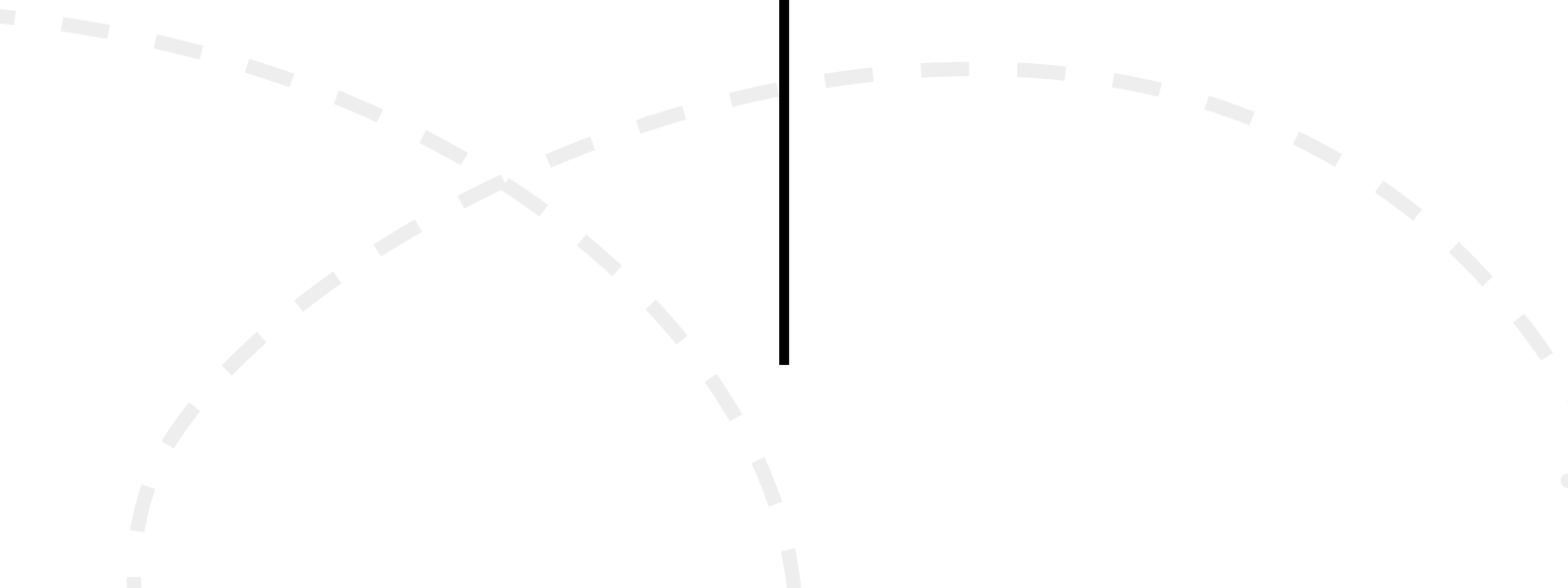
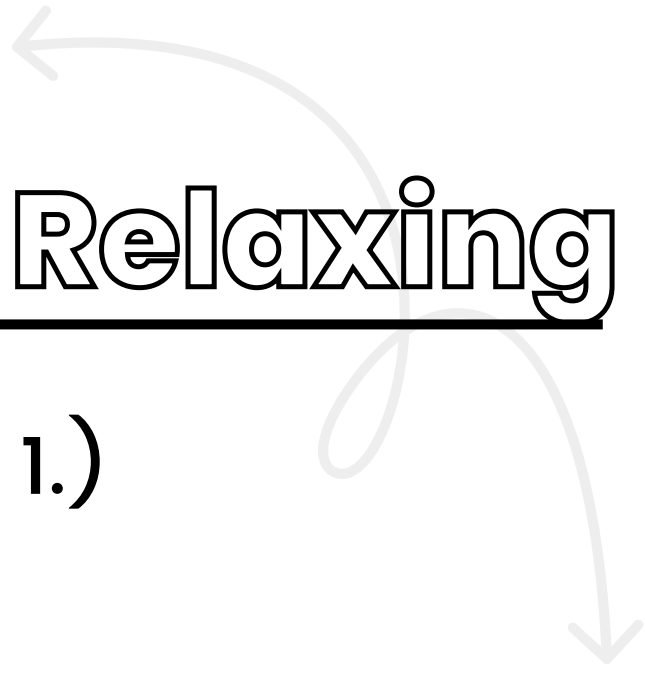
1.)

2.)

2.)

3.)

3.)





Fun and Relaxing Family Activity

Avoid mindless scrolling by creating a list of three things that you find *fun* and three things that you find *relaxing*!

Find a time that works for the whole family (even parents!) to create these lists.

Use colorful markers, stickers, glitter, or whatever captures your style.

Post the lists in plain sight as a reminder to engage in a favorite activity.

