



# FAMILY RITUALS

## that increase connection

### SLOW DOWN DAILY

- Read a book together
- Share a screen-free meal together
- Create a special family greeting or handshake
- Write a quick note in the family journal to one another
- List of “good nights” to each family member or body part (ex: good night nose, good night to the family pet)
- Morning stretches and deep breathing together



### WEEKLY & SEASONAL

- Sing in the car together on your commute
- Establish a regular family “theme night” like game night, taco Tuesdays, or Sunday doodles
- Show them what phase the moon is in or name constellations together
- Carving pumpkins or planting a flower

### PLAYFUL



- Go on a family walk and point out something new or unusual that you find
- Go on a parent-child date
- Family cuddle puddle
- Family group hug or dance break
- 15 minutes of 1:1 child-led play time

### THOUGHTFUL CHECK-INS



- Share 1 grateful moment
- Share 1 kind act you did for others
- ‘Sunshine and Cloud’ sharing where sunshine is the positive highlight, while the cloud is something you need help with