Try:

☐ Eat dinner together as a family

☐ Do “feelings” check-ins with kids and SELF (What was the high and low of your day?)

☐ Put your phone down for 45 minutes and engage with your children

☐ Play a card or board game together

☐ Do a puzzle together or go for a walk after dinner

☐ Try something your child likes for 10 minutes before bed

☐ Blow bubbles and focus on breathing

☐ Play tic-tac-toe or hangman

☐ Let your child teach you 1 thing they learned in school

☐ Make an ice cream sundae together

☐ Have them help you cook a meal (homemade pizza is cheap and easy!)

☐ Listen to their favorite song LOUD and sing and dance

☐ Share one thing you are thankful for each day

☐ Talk with your child about a goal you want to achieve and ask them about their goals