Self-Care Ideas for Family

**BODY**
- Go for a walk, bike ride or outdoor play area together and get physical!
- Clean up and declutter the house together
- Volunteer or give back to the community as a family activity!

**MIND**
- Watch a movie or read a book together with discussion at the end!
- Karaoke night helps with opening up emotions
- Play the game of giving compliments to each other

**SPIRIT**
- Create a gratitude list together
- Yoga, meditation and discussion as a family unit
- Write thank you notes and correspondence as a family