Self-Care

Doing new things is a great way to de-stress when you have a lot going on in your life.

Do what I do

Directions: This week’s “Fun Friday” activity is to teach each other something that you like to do to have fun. If your child/ren loves to play videos, let them teach you about their favorite game and play it with them. If your favorite thing to do is Word Search play a word search relay game with them. The only rule is that **you must at least try what they are showing you once!**

Pro Tip: Use this opportunity to really learn something about your child. Pay attention to what they say about the thing they are teaching you and the passion they have for it.

Reflection: Reflect with child/ren about how it felt to learn something about what each other loves to do. Discuss if it helped you not think about the problems around you? Talk about how doing fun new things can be a good thing, and it is important to take breaks from work or things that make us feel bad.