

Fun Family Habits

EVERYDAY HABITS

1. **Highs & Lows at Dinner** – Each person shares one high and one low from their day.
2. **Rose, Bud, Thorn Check-In** – Take turns sharing one positive (rose), one with potential (bud), and one negative (thorn) moment from the day.
3. **Compliment Circle** – Take turns giving one kind word to each family member once a week.
4. **Gratitude Game** – Say one thing you're thankful for while brushing teeth or riding in the car.
5. **Family "Cheer" or Chant** – Make up a silly, fun chant you all say before school or bedtime.

FAMILY CULTURE

6. **Friday Pajama Night** – Everyone wears pajamas early and eats something fun (like breakfast for dinner).
7. **Dance Breaks** – Pick one song and have a family dance party, even if it's just 3 minutes.
8. **Try-It-Tuesday** – Taste a new food, play a new game, or learn a random fact together.
9. **Post-it Love** – Leave surprise sticky no boxes, doors, or mirrors with kind words or jokes.
10. **Sock Matching Races** – Make chores fun by turning them into mini-games (set a timer, compete, laugh!).

CONNECTION MOMENTS

11. **Read Aloud Together** – Even older kids like to be read to if the story is compelling.
12. **"Would You Rather?" Cards** – Keep a jar of questions at the table or in the car.
13. **10-Minute Timer for Togetherness** – Just 10 minutes a day of focused connection with no phones.
14. **Family Question Jar** – Let everyone write silly or serious questions to pull out and answer.
15. **Picture of the Week** – Take or print one photo that shows something good from your week. Put it on the fridge!

GROW TOGETHER HABITS

16. **Family Goal Board** – Each person sets a small goal for the week (like "go to bed on time" or "try a new veggie").
17. **Kindness Tracker** – Keep track of kind things each person did for someone else. Celebrate weekly.
18. **Quiet Time Together** – Spend 5 minutes sitting near each other without screens.
19. **Story Swap Sundays** – Share one story from your own childhood or ask your kids to retell a favorite memory.
20. **1-on-1 Time** – Each week, spend a little time with each child alone, even if it's just a short walk, having them tag along to run an errand, or a simple snack time.