



Wellness Activities

Take time for a mindful **family walk**. Intentionally notice your surroundings, paying attention to your senses. What do you see? Hear? Smell? Feel? This practice can help to boost your mental and physical well-being.

Decide as a family how you can **give back to the community**. Ideas may include cleaning up garbage in your neighbourhood or writing cards to seniors living in a local retirement community. Choosing to actively demonstrate kindness towards others is important for them and you!

End the week with some **family fun**, whether it is a board game night, a family dance party or simply time to curl up with a movie together. Engaging in playful family fun is a great way to wrap up the week together.

Try out a new **wellness practice**, such as sharing things you are grateful for as a family, writing messages to one another about what you each bring to the family or simply trying out a new recipe together. Engage in whatever practice makes sense for your family to stay well.

