

30 DAY Family Love Challenge

			1 2-HR PHONE BREAK	2 SING-ALONG 	3 LEAVE A NOTE	4 GO FOR A WALK
5 READ TOGETHER	6  -SHAPED BREAKFAST	7 SAY WHY YOU'RE PROUD	8 "ASK ME ANYTHING"	9 LET THEM HELP	10 MAKE A CRAFT	11 CALMING TECHNIQUES
12 LEARN SOMETHING NEW	13 DRAW A PICTURE	14 MAKE A CHORE FUN	15 DANCE PARTY 	16 GIVE "PROCESS PRAISE"	17 TAKE A NEW ROUTE	18 NO-SMILE CONTEST
19 PLAY PRETEND	20 COOK TOGETHER	21 PLAN AN OUTING	22 LOOK AT OLD PICS	23 SHARE YOUR 5 SENSES	24 TALK ABOUT FEELINGS	25 MAKE DESSERT TOGETHER
26 NO  ELECTRONICS	27 EXTRA CUDDLE TIME	28 TELL A STORY	29 SURPRISE SNACK	30 FAMILY MOVIE NIGHT		