

# 30 DAY Family Self-Care Challenge

			1 STORY TIME 	2 GRATITUDE WALK	3 COOK TOGETHER 	4 FAMILY PLAYLIST
5 DECLUTTER	6 PLAN A PICNIC	7 MOVIE NIGHT 	8 GROUP NAP	9 FAMILY JOURNAL 	10 SING YOUR HEARTS OUT	11 VISION BOARD
12 GAME NIGHT	13 MINDFULNESS JARS	14 PHOTO HUNT	15 VOLUNTEER 	16 START A GARDEN 	17 HOST A FOOD/ CLOTHING DRIVE	18 PLAN A BREAK
19 "BACKYARD" GAMES	20 ALONE TIME, TOGETHER	21 SWAP LETTERS 	22 PRACTICE BELLY BREATHS	23 DRAW SELF-PORTRAITS	24 ICE-CREAM BUFFET 	25 THANK YOU NOTES
26 HUG IT OUT 	27 BIKE RIDE 	28 SET MORNING INTENTIONS	29 GIVE COMPLIMENTS	30 ACTS OF KINDNESS		