

# FAMILY Self-Care Activities

**November 2021**

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	<b>1 Family Karaoke Night</b> Pick your favorite song and team up for a duet or a solo and perform in front of the family.	<b>2 Family Vision Board</b> Draw pictures, use family photos or cut them from a magazine, glue them on posters together and tell what the pictures means to the family.	<b>3 Family Homework Night</b> Everyone brings their homework to the table and complete it together.	<b>4 Family Board Game Adventure</b> Play your favorite board game and give out little treats to the winners.	<b>5 Family Popcorn &amp; Story Time</b> Snuggle up with a fun book for a family read aloud and enjoy popcorn.	<b>6 A Family Walk</b> Take a family walk around your neighborhood and have everyone tell what they like about the neighborhood.		
	<b>7 Family Nap Time</b> Grab your cozy blankets or sleeping bags and gather in one room and take a nap together.	<b>8 Family Journals</b> Pick a spot and have everyone write something about their favorite family memory and discuss it.	<b>9 Family Scavenger Hunt</b> Make a list of items for family members to find, give them a specific amount of time to find the items and come back together to talk about each item.	<b>10 Family Paints</b> Grab a t-shirt, pair of jeans or sneakers and paint your own design. Using paintbrushes and permanent markers.	<b>11 Family Cooks</b> Prepare a dinner meal together where everyone is responsible for making part of the meal.	<b>12 Family Laundry Time</b> Have everyone to sort their dirty laundry and after they are washed and dried, fold them together and discuss the importance of wearing clean clothes.	<b>13 Family Declutters</b> Pick a room or go in the garage and throw away unnecessary items.	
<b>14 Family Ride Time</b> Load up the car and enjoy a Sunday Ride! See how many cars you can name and write them down.	<b>15 #BCPS_WeAreFamily</b> Visit browardschools.com/face and participate in the Social Media Challenge for a chance to win family prizes.	<b>16 Family Dreaming</b> Gather around the sofa and ask everyone about their dream vacation and have them to explain why.	<b>17 Family Movie Night</b> Put on your PJs, grab your pillow and enjoy a movie together.	<b>18 Family Brag Time</b> Come together in a group and brag about something you accomplished and how it made you feel.	<b>19 Family Bowling Night</b> Spend a few hours at the bowling alley and on the ride back home discuss the experience.	<b>20 Family Shopping Day</b> Go grocery shopping together and see how many vegetables you can name and or spell.		
<b>21 Family Yard Work</b> Spend a few hours working in the yard, raking, planting flowers, pulling weeds, etc.	<b>22 Family Sharing Time</b> Set aside one hour and have everyone talk about their day. Explain what they liked or disliked about their day.	<b>23 Family Word Building</b> Write one new word on index cards every Tuesday and use the word in a sentence.	<b>24 Family Challenge</b> Write the word "EDUCATION" on a sheet of paper and see who can come up with the most words from the word.	<b>25 Family Thanksgiving Dinner</b> While enjoying dinner tell one thing that you are thankful for.	<b>26 Family Dances</b> Play the song "We Are Family" and have everyone hit the floor and move to the grove.	<b>27 Family Questions</b> Give everyone 10 minutes to ask questions about anything. Then answer every question.		
<b>28 Family Break Time</b> Take a break and go to an ice cream polar and enjoy your favorite milk shake.	<b>29 Family Future</b> Help your child write a list of things they plan to do after they graduate from high school	<b>30 Family Portraits</b> On a canvas or poster draw a family portrait and frame it.					<h2>#BCPS_WeAreFamily</h2>	