



**December**  
Warm Up  
The Winter

# Family Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Write down why love is a great character strength
<b>2</b> Smile as often as possible	<b>3</b> Drink at least two liters of water today	<b>4</b> Exercise Together	<b>5</b> Watch your favorite family movie together	<b>6</b> Take some slow deep breaths	<b>7</b> Introduce the family to a new recipe	<b>8</b> Create a family hobby
<b>9</b> Write a nice note to your best friend	<b>10</b> Try yoga for the first time	<b>11</b> Watch a comedy movie with the family	<b>12</b> Do something creative	<b>13</b> Do a mindful family meditation	<b>14</b> Start a daily family gratitude journal	<b>15</b> Go for a family walk (no phones)
<b>16</b> Listen to happy music together	<b>17</b> Dance together	<b>18</b> Have a family game night	<b>19</b> Tell family members what you love about them	<b>20</b> Eat a healthy meal together	<b>21</b> Repeat positive affirmations throughout the day	<b>22</b> Make a batch of holiday treats together
<b>23</b> Go to the family's favorite restaurant	<b>24</b> Read a book out loud to the family	<b>25</b> Say "I love you" to your family	<b>26</b> Write some favorite things about yourselves	<b>27</b> Write down realistic expectations for the family	<b>28</b> Role play skills of stopping, thinking, and not reacting	<b>29</b> Create a story that each person adds to
<b>30</b> Do an act of kindness as a family	<b>31</b> Resolve to be mindful					

