

Family Activities

Back-to-school Family Activities are an opportunity to connect **family practices and rituals** with rhythms that support **emotional and spiritual well-being**. Since the back-to-school season can be so busy, these family activities are intentionally low-prep to help ground your family in what can be an intense season.



Family Movie or Game Night

- **Place:** The family home
- **Time Investment:** 1-2 hours
- **How Often:** Weekly (*shift to every other week or monthly if needed for family schedules*)
- **Why:** Family movies or relaxed game nights on Fridays or Saturdays allow you to build traditions that are predictable and relaxing while helping you to connect with each other. Consistent low-stress traditions can also soften the impact of energy or emotional dips that come at the end of busy weeks.
- **Level Up:** Plan the same easy meal (like pizza) to make the night easier and predictable for parents and for kids.



Parent and Child Connection and Gratitude Walk

Plan to take a short walk with one child at a time with a simple structure: checking in on how he or she is doing that day or week and saying simple prayers of gratitude. You can both thank God for three things before you return home.

- **Place:** In the neighborhood, or at a local park or walking trail
- **Time Investment:** ~10 minutes
- **How Often:** Once or twice a week
- **Why:** Prayers of gratitude combined with movement can lower stress and cortisol levels. Special dedicated time can help parents and children connect in a dependable way. Repeating weekly or every other week makes it a predictable part of family rhythms, and keeping it to just ten or so minutes makes it more doable.
- **Adapt:** If the weather or other circumstances make taking a walk difficult, you can do this activity while driving to and from activities. Or if needed, you could modify this activity to be done in the home when other siblings are busy or asleep. Any intentional time can become a chance to connect and pray together.