

Family Rituals

Rituals allow families to slow down and connect. We have all had time to slow down over the past few months. Let's not forget the good feelings this brought.

Despite life getting a little busier now, remember to make time to incorporate special moments into your family life.

Try out some of these Family Rituals

Read the list together as a family and tick off the ones you would like to try!

- Have each family member share one kind thing that they did that day
- Create your own family handshake
- Choose a moment in the day where everyone sits, plays and laughs together
- Go on a weekly nature walk
- Create a rotating chore chart which changes every Friday
- Make storytime a feature of every evening, taking turns to read or tell a story