

Magical Mondays	Thoughtful Tuesdays	Wellness Wednesdays	Thankful Thursdays	Fun Fridays
<p>*Ask each family member what they would magically change in order to have happiness or peace in their life.</p> <p>* Magically do something kind for a loved one that they would not expect.</p> <p>* Surprise your loved ones with a favorite meal or snack.</p> <p>* Go out of your way to do something for yourself that you haven't done in a long time that will bring you joy</p>	<p>*Do something for a loved one that you haven't done in a long time.</p> <p>*Give a thoughtful note, card or text with genuine words of encouragement to a loved one who has been struggling.</p> <p>*Be thoughtful and intentional in your words and actions to bring true joy to a loved one</p> <p>* Be thoughtful by creating a special day with a loved one who has been sad *Make a list of why you love your child or loved one.</p>	<p>*Check in with a loved one who has become more distant</p> <p>*Bring laughter to family by watching a comedy movie or watching American Funniest Video on YouTube or any other appropriate video</p> <p>*Spend time completing an activity you haven't done for awhile.</p>	<p>*Take time to thank someone who impacted you as a child</p> <p>* With your children, quietly make a list of all the things you are thankful for, exchange the list with another family member and read it out loud.</p> <p>*Upload a picture of you and a person on social media who you are thankful for. Write a few sentences as to why you appreciate them being in your life.</p> <p>*Surprise your child at school by bringing them a small surprise of appreciation.</p>	<p>* Paint rocks with a loved one.</p> <p>*Blast the radio with a loved one and sing as loud as you want to your favorite tunes</p> <p>* Stay in your jammies all day on Saturday, have many snacks, drinks while watching all your favorite movies</p> <p>*Have a picnic in your backyard on a blanket and listen to your favorite tunes while sharing what you love most about each of you.</p> <p>*Have a game day playing board games, cards, Uno ,etc</p>