

## Connect

**Even when we all live under one roof, it can be easy to disconnect and forget to spend time together.**

- Set aside a regular time to have meal together.
- Share your best and worst moments from the day.
- Message a friend, it doesn't matter what it says, people appreciate when you think of them.
- Relax together as a family. Watch a Christmas film or play a board game.

## Be Active

**Being active isn't just good for our physical health, it's also proven to have a positive effect on our mental health and wellbeing.**

- Swap a daily bus or car journey for a walk together.
- Try a new activity or sport together.
- Set an exercise challenge to complete as a family.

## Keep Learning

**Learning enhances our self-esteem, and learning something new as a family can help bring you together.**

- Try making a new recipe together.
- Learn a new word together and practise using it.
- Take time out to practise a new hobby.
- Enjoy reading a book together.

## Help Others

**Giving feels good – and working together as a family to give can be even better.**

- Start a penny jar to donate to your favourite charity.
- Gather up anything you no longer need and donate to your local charity.
- Do a favour or something nice for a family member or a friend.

## Take Notice

**When you're spending time together as a family, take notice and be aware of the present.**

- Keep a family diary with stories and photos.
- Create a calm space at home that's free from mess and noise.
- Spend some technology free time together.
- Discuss how you're feeling. Be aware of your thoughts.
- Look carefully at your local environment. Can you notice anything you haven't spotted before?