



Families Going Deeper

Get Moving:

- Take each of your children for a short walk this week simply to check in and hear how they are doing. Share specifically about ways in which the particular child reminds you of yourself when you were the child's age. (Consider taking a walk like this again.)

Shhhh...Be Quiet!

- Practice being silent as a family each day – see if you can get up to 60 seconds in silence. Ask your children: What was your time in silence like? Do you find it easy to sit still and to be quiet? Or, difficult?