



## MAKING MEMORIES WITH LESS STRESS

### ✓ Family Fun List

DITCH DOING "ALL THE THINGS"! ROUND UP THE FAMILY & LIST OUT THEIR FAVORITES.

Here are some kid-friendly ideas, attractions and ways to be ForTheLou.  
Tip: Let the kids help plan the fun and how to mark the moment.

AND, DON'T FORGET...

- Add in regular one-on-ones where you play whatever THEY want to - even if it's just for 15 minutes.
- Family-friendly summer fun activities are being added to the event calendar. Check back often!
- Baptism at The Crossing is June 20 & 21 and is a great Christ-centered, family-friendly experience

### 🔄 Family Rhythms

KIDS THRIVE ON ROUTINE. CONSIDER RELAXING OR REIMAGINING STRUCTURE RATHER THAN REMOVING IT.

#### ENRICHMENT

**Embrace boredom!** Create and equip spaces where kids can go to learn something new or practice something they enjoy doing.

#### TECHNOLOGY

**Build wisdom & courage!** How? Check out Tech-Wise Family(book, summary, podcast, commitments) and these summer tips.

Hello Summer



#### BEDTIMES

**Stay healthy!** Getting enough sleep keeps our bodies - and emotions - ready for anything!

#### RESPONSIBILITIES

**Celebrate family!** Assign household chores to be done before play begins.