



## MAKING MEMORIES WITH LESS STRESS

### ✓ Family Fun List

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

Here's some kid-friendly ideas, events, and attractions to get you started.

**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.

Baptism at The Crossing is June 26 from 5-9PM 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 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.