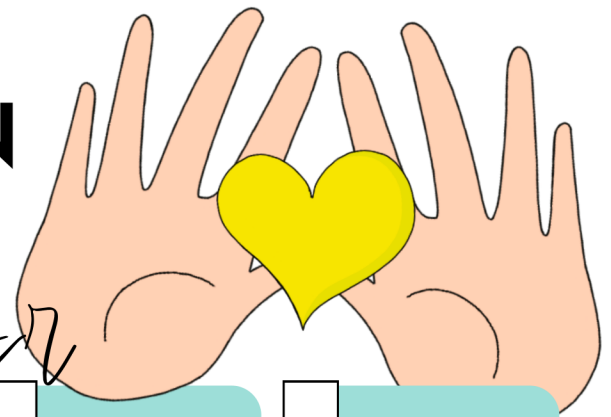


30-DAY CONNECTION BOOST CHALLENGE



Tracker

- | | | | | |
|--|--|---|---|---|
| <input type="checkbox"/>
Set an intention to do these daily activities for the month. | <input type="checkbox"/>
Let your child/teen know that you're pushing the reset button on your relationship w/them. | <input type="checkbox"/>
Make your child's favorite food for dinner. | <input type="checkbox"/>
Put a personal note in your kid's lunchbox. | <input type="checkbox"/>
Take a walk together. |
| <input type="checkbox"/>
Play a board game or card game together. | <input type="checkbox"/>
Put a note on your kid's door with a positive action you noticed or a gratitude. | <input type="checkbox"/>
Play music your kid likes. (If it's a teen, ask them to share their current favorite song.) | <input type="checkbox"/>
Ask your kid to help you cook a meal together. | <input type="checkbox"/>
Put a personal note in your kid's lunchbox. |
| <input type="checkbox"/>
Read together, (even if you're reading different things in the same room). | <input type="checkbox"/>
Have pizza and ice cream for dinner on a week night just because you want to treat them. | <input type="checkbox"/>
Go outside and look at the stars together (or watch a sunset). | <input type="checkbox"/>
Let your kid stay up past bedtime (or extend your teen's curfew) one night. | <input type="checkbox"/>
Help your child complete one of their chores. |
| <input type="checkbox"/>
Put a note on your kid's door with a positive action you noticed or gratitude. | <input type="checkbox"/>
Go to your kid's favorite restaurant or cafe. | <input type="checkbox"/>
Surprise them with a bag of their favorite candy. | <input type="checkbox"/>
Be real and vulnerable with your kid. Talk about a challenge you faced. | <input type="checkbox"/>
Get creative! Do a project together. It could be a craft or DIY they enjoy. |
| <input type="checkbox"/>
Help someone together – volunteer or help a neighbor. | <input type="checkbox"/>
Put a personal note in your kid's lunchbox. | <input type="checkbox"/>
Make ice cream sundays with all the toppings! | <input type="checkbox"/>
Play the Would You Rather game together (there's even a family-friendly app). | <input type="checkbox"/>
Connect with nature together by visiting a park, beach, river, or forest. |
| <input type="checkbox"/>
Watch something together (even if it's a Youtube video). | <input type="checkbox"/>
Tell a family story – something they don't know about Grandpa or Great Aunt Jane. | <input type="checkbox"/>
Unplug from technology for an hour and let your kid choose what you'll do. | <input type="checkbox"/>
Do yoga or a mindfulness practice together (it can be as short as 2-3 minutes). | <input type="checkbox"/>
Review your progress and celebrate your achievements. |