

Topic: Communication

Breathe

Have fun with the whole family with these four mindful games: “Still I Feel Lucky,” “Thank the Farmer,” “Shake It Up” and “Frog Jumps & Fading Tone.”



Learn

Good communication is key for a strong family and relationships. We are always growing our skills to communicate with each other effectively. Watch this video for steps you can take to become a more effective communicator and improve the quality of your relationships.



Move

How about a fun family workout! This is a HIIT activity ... high intensity interval training. Everyone will build endurance, timing, coordination, and strength. For all ages, give it a try!



Grow

The whole family can grow communication skills by playing some fun communication games! Click on the picture below to try a few...

