

Building Resilient Families by Promoting Positive Mental and Physical Health

Summer Edition: 10 Fun Activities for Families

Including simple ways to enrich activities that will help families thrive and bounce forward from difficult times.

Check out why and how these ideas can benefit your family and help each of you Move Your Mood.



Physical activity is important for a healthy body and can boost the immune system. It can improve mood and self-esteem, decrease stress and anxiety, and help with brain development, creativity, learning, and concentration. Wow! Being active has a lot of benefits!

Move
YOUR BODY

PRACTICE
Mindfulness

Mindfulness helps us learn to pay attention to our bodies, minds, and environment and to understand our feelings with a kind and curious mind. Being mindful can help us focus and concentrate better, to take a pause or calm down when stressed, angry or sad.

Building a strong brain includes understanding feelings, thoughts, and behaviours and learning skills and strategies to cope through difficult times. Learn simple ways you can expand your mind to create a healthy growth mindset.

EXPAND YOUR
Mind

Fuel
YOUR BODY

Fuel Your Body with healthy foods to combat stress and help support a strong immune system and overall health. Get the whole family involved in creating fun summer snacks.

The 40 Developmental Assets are building blocks, which all youth need to flourish. Research shows that the higher number of assets a youth has, the more likely they are to thrive. Click here for more:
[40 Developmental Assets](#)

Build
ASSETS

Building Resilient Families *Summer* Edition!

Family Bike Ride

Mindfulness PRACTICE

Feel the wind on your cheeks, smell the wild roses in bloom, listen to the birds chirping.



Fuel YOUR BODY

Pack along some meat & cheese roll ups.

Interact with caring neighbours you meet along the way.

Build ASSETS

Make your ride a mini adventure & plan a fun route.

Move YOUR BODY

Practice kindness. Along the way, smile and wave at the people you pass by.

EXPAND YOUR *Mind*

Cozy Campfire

Mindfulness PRACTICE

Name 5 things you are grateful for and notice how it makes you feel.



Fuel YOUR BODY

Bake apple, cinnamon, & brown sugar in tinfoil over the fire.

Share your favourite family stories.

Build ASSETS

Gather wood together.

Move YOUR BODY

Laugh more. Take turns telling a joke.

EXPAND YOUR *Mind*

Building Resilient Families *Summer* Edition!

Mindfulness

PRACTICE

Play "Slow-Fast-Slow." While your kids play in the sand or run, have them try to do it slowly, then fast, and then slowly again. Ask them what they liked about it.

Playground Fun



Fuel
YOUR BODY

Pack some plain rice cakes, topped with nut butter and sliced bananas.

Teach your kids how to resist negative pressure, & have healthy boundaries.

Get active & involved by asking your kids to teach you a game.

Create connections. Get to know the names of other children & families enjoying the park.

Build
ASSETS

Move
YOUR BODY

EXPAND YOUR
Mind

Mindfulness

PRACTICE

Slow down and appreciate nature. Take a few breaths, notice the smells, feel the soil between your fingers, and smile.

Family Gardening



Fuel
YOUR BODY

Involve your kids in washing & peeling the vegetables they grew.

Involve your child in making decisions about what you plant, where to plant it, and caring for the plants.

Say what you are grateful for while gardening together.

Build
ASSETS

Get active, have fun and involve your kids caring for your vegetables or flowers.

EXPAND YOUR
Mind

Move
YOUR BODY

Building Resilient Families *Summer* Edition!

Mindfulness

PRACTICE

Bang on a pot or pan, dangle some wind chimes and invite your child to signal to you when they no longer hear the sound "hanging" in the air.

Family Games



Fuel
YOUR BODY

Try a fruit skewer & mini cheese quesadilla with salsa & plain yogurt.

Model kindness, motivation to do well, and positive family communication.

Build
ASSETS

Have your child plan a game night including physical activity. Hide and go seek, laser tag, nerf battle.

Move
YOUR BODY

Learn a game your grandparents love to play like Kick the Can or Crib.

EXPAND YOUR
Mind

Mindfulness

PRACTICE

Make a "mind jar", using glitter and water. The shaken glitter represents our thoughts and emotions. Then breathe deeply and watch it settle, just like our minds.

Creative Crafting



Fuel
YOUR BODY

Try watermelon fries with vanilla yogurt dip. Cut watermelon into strips to resemble fries.

Help your child choose a creative activity that they enjoy, and have them teach you about it.

Build
ASSETS

Go on a scavenger hunt, find rocks and paint your family's faces on them.

Move
YOUR BODY

Create connections. Learn what your elders did for "crafts". Did grandma knit?

EXPAND YOUR
Mind

Building Resilient Families *Summer* Edition!

Mindfulness PRACTICE

The next time you read a story with your kids, take some time to engage in conversation about the feelings of the people (or animals) in the book.

Family Reading



Fuel YOUR BODY

While you are reading try out a healthy snack of broccoli cheese cups.

When you read and have magazines, books and newspapers around your home, you are showing your child the value of reading for pleasure.

Add some activity to your family reading. Build a tent together or go on a bike ride and read under a beautiful tree.

Read daily to discover the world and learn cool facts.

Build ASSETS

Move YOUR BODY

EXPAND YOUR *Mind*

Mindfulness PRACTICE

Besides running and joyously shrieking, can you hear the laughter? See the water droplets? Feel the cool water or the tickle of grass under your feet?

Sprinkler Fun



Fuel YOUR BODY

Add some frozen yogurt fruit bark for a cooling treat.

When you join in playing in the sprinkler with your child, you can model positive communication, and show your children the value of taking time to connect as a family.

Time to bring out the sprinkler for some cool backyard fun! Perhaps throw on your swimsuit and join in!

Get Your Groove On. Add your favourite music and dance moves while you enjoy the beautiful sun!

Build ASSETS

Move YOUR BODY

EXPAND YOUR *Mind*

Building Resilient Families *Summer* Edition!

Mindfulness PRACTICE

Lie down on the grass and look up at the sky. Notice the shapes of clouds, how they change, and the constant movement. Our mind is like the sky and our thoughts like the clouds, always changing.

Family Walk



Fuel YOUR BODY

Pack a fun healthy snack for the walk. Try chickpea salad pinwheels.

While out walking with your child, ask them about their interests and passions. Truly listen and ask questions.

Build ASSETS

Ask your family to plan an afternoon walk or hike in your community. Discuss the location and the beautiful sites you will see.

Volunteer as a family to beautify your path by picking up garbage as you walk.

EXPAND YOUR *Mind*

Move YOUR BODY

Mindfulness PRACTICE

Spread kind messages with others by writing them on the sidewalks in your neighborhood for a fun act of anonymous kindness.

Chalk the Walk



Fuel YOUR BODY

Try some apple nachos for a tasty treat.

While creating sidewalk art, ask your child why it's important to treat others with kindness. Teach them about acceptance.

Build ASSETS

Get out that colourful chalk and create a movement circuit to encourage others to try different activities while they walk.

You are awesome. Include your favourite positive affirmations in your chalk design.

EXPAND YOUR *Mind*

Move YOUR BODY