

# SUMMER SERIES: Connect as a Family



I know that everyone keeps talking about it, but take the time now to spend with your family. If there is one thing that rings true during COVID-19, it is the way friends and family are taking advantage of doing what they can to stay connected and show they care. SO, as a family – let's continue to do just that, here are a few ideas to get your started:

**Would You Rather?** Wrangle your extended family to virtually participate in a game that starts conversations in fun, interesting and maybe shocking ways. Choose any theme (and look for inspiration online).

**Cut your bangs:** Yes, this could be tricky, but you could also [cut someone else's bangs](#).

**Do an at-home manicure:** Your nails won't be salon-perfect but you'll be social distancing and having fun.

**Do yoga together:** It helps with feelings associated with depression and does all sorts of other good things.

**Couch exercise!** Exercise on your couch together - with Netflix. Win-win!

**Question a day:** If the grandparents live far away, try connecting them with your kids with a question a day. Ours have been simple: What's your favorite ice cream? Stuffed animal? Why do we love koalas so much?

**Family meetings:** Hold weekly family meetings to check in and see how everyone's doing. Make it a safe space so people can share their concerns, and don't feel you have to fix everything on the spot. It's just a good place to start communicating.

**Clean the house together:** Think your kids don't appreciate you? They will after they've cleaned the bathroom a few times. (Ask me how I know.)

**Play ROSE AND THORN at dinner:** Each person says what was good about the day (the rose) and what wasn't (the thorn). Everyone gets to share without interruption, and the thorn doesn't need to be fixed.

**Sing together:** Since singing in large groups is actually a risky activity at the moment, we can pretty much only sing safely with the ones in our quarantine pack. There's karaoke, singing in rounds, singing in harmony and just hanging with the Beatles classics. Sing with the ones you're with!

To access entire article for summer series, [click here](#).