

# THE IMPORTANCE OF *Family Rituals*

+ ONES YOU CAN START TODAY

## JANUARY

*Stay up late to celebrate ball drop  
Build a snowman  
Create New Years resolutions  
Roast marshmallows by the fire*

## FEBRUARY

*Have a Valentines Day dinner  
Make heart-shaped pancakes  
Eat a box of chocolates  
Send out candygrams*

## MARCH

*Wear something green for St. Pattys  
Make green eggs and ham*

## APRIL

*Dye/decorate Easter eggs  
Start a garden  
Go on an Easter egg hunt*

## MAY

*Mothers Day breakfast in bed  
Play putt putt  
Go flower picking  
Plant flowers*

## JUNE

*Have a picnic  
Visit family  
Strawberry picking  
Go to the zoo*

## JULY

*Fathers Day breakfast in bed  
Go camping  
Go fishing  
See fireworks display*

## AUGUST

*Catch lightning bugs  
Have a cookout  
Go to the beach/waterpark  
Back to school photos*

## SEPTEMBER

*Host end-of-summer party  
Pick apple  
Visit fall festival*

## OCTOBER

*Go on a hayride  
Pick and carve pumpkins  
Do a corn maze  
Take a drive to see fall foliage  
Go on a hike*

## NOVEMBER

*Play a football game  
Make a grateful tree  
Rake and jump into leaves  
Run a turkey trot*

## DECEMBER

*Host a family for Christmas  
Make sourdough ornaments  
Decorate Christmas cookies  
Start and finish a puzzle  
Make a gingerbread house  
Drive around and look at lights*

## EVERY DAY

*Read a book before bed  
Family meetings  
Family movie night  
Game night  
Cook a new recipe together  
Parent-child date night*

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