

Wellness Month



Activity List

Working on our Physical, Mental, and Emotional Wellness

- Family Neighborhood walk
- Visit Favorite Local Park
- Family Nature Walk
- Meditate
- Do a Puzzle
- Visit a National Park
- Family Dinner
- Read a Book
- All Day Pajama Day
- Family Game Night



- Meet your step goal every day for a week
- Family Chalk drawing contest
- Get outside 5 days in one week
- Call your oldest family member
- Get at least 7 hours of sleep per night for a week



- Family Movie Night
- Cook/Bake Together
- Family Water Fight
- Prepare for Back to School
- Read a MilMC Blog Post
- Make a Caribu Call
- Make Ice Cream Sundaes
- Have a Dance Party



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NOTES:

