



## BRINGING BACK *the fun*

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Since the beginning of the pandemic, many people have found that their daily routines and activities they once enjoyed have changed drastically. Social distancing and COVID precautions have made life challenging and more stressful at times. Connecting with one another has taken on a new dynamic. From playdates and holiday gatherings to music concerts and sporting events, we have been limited to what we can and cannot do. As guidelines change and more opportunities open up, here are some activities to re-spark traditions and fun with people who are important to us. It's good for our mental health to make time for fun and to connect with each other along the way.

### FOR FAMILIES

Consider changing up your home routine to make time for something the family will enjoy doing together.

- Family game night
- Plan a camping trip
- Cook or bake together
  - ◆ Let each family member pick a meal to make during the week
  - ◆ Have mealtime all together
- Storytime
  - ◆ Invent stories to tell each other
  - ◆ Pick your favorite books to read
- Make a fort and pretend you're camping indoors
- Family movie night
- Get crafty with art supplies
- Play outside by sledding, skiing, or making snow angels and snow forts in the winter
- When the weather gets warmer, go biking, rollerblading, or for a family walk
- Go somewhere new and fun
  - ◆ Visit a museum, aquarium, or zoo
  - ◆ Look into places that are offering virtual tours during the pandemic to create a unique and fun learning experience
  - ◆ Take a road trip to somewhere you have never been before



## FOR COUPLES

Make time each day to reconnect. Life gets busy, and even 20 minutes a day to reflect on the day and have little moments together can keep you and your partner feeling more connected.

- Check in with one another. Life can be stressful, especially during a time of such change. Let your partner know you are there for them in those moments
- Plan a date night
  - ◆ Cook together at home
  - ◆ Spend a night out at your favorite restaurant
  - ◆ Go out for ice cream or another special treat
  - ◆ Recreate your first date and reflect on memories you've made since
- Buy a special dessert or make a unique meal you wouldn't normally make
- Go to a movie in theaters
- Plan fun activities you both enjoy together
- Buy some couple games/books to better connect with your partner
- Exercise together at home or at the gym
- Go for a drive around town
- Dance or sing together to your favorite music
- Take a class, virtually or in person (e.g., cooking, art, dance)

## CONNECTING WITH FRIENDS

- Go camping, fishing, hiking, or any outdoor activity together
- Have a sleepover
  - ◆ Let your kids have a sleepover with their closest friends, do something special to create fun memories
- Plan a meal
  - ◆ Outdoor patio dining is a fun option when the weather is nice
  - ◆ Have a small group of friends over for dinner
  - ◆ Go out to a restaurant with friends
- Treat yourself to something special (e.g., go for pedicures or manicures together, go to your favorite coffee or ice cream shop)
- Play or watch sports together
- Plan a time to call or video chat
- Send a card or a postcard to someone you love

