

Take

TAKE 5 at Home

- Pause for 5 seconds/minutes before a stressful conversation.
- Model TAKE 5 pausing to your children so they learn to be thoughtful in their communication, not reactive.
- Focus on 5 things you are grateful for in your family.
- TAKE 5 vacations (staycation or mini day trips) to new places each year as a family...exploring more things to be grateful for!
- Wait 5 minutes to respond to critical remark.
- Play 5 rounds of your kid's favorite game.
- Make grateful comments/compliments to your family members.
- TAKE 5 at meal time to reflect and share what/who you are grateful for.
- TAKE 5 to be thankful for the food you are about to enjoy as a family.
- TAKE 5 and spend time with grandchildren.
- Give 5 hugs every day.
- Say 5 positives every day.
- TAKE 5 right before bed to slow your body down to rest.
- TAKE 5 minutes to calm down and be peaceful when transitioning from work to home.
- Say 5 things you are thankful for at the dinner table.
- Cuddle/hug/read to kids for 5 minutes daily.
- Have a family "game night" 5 times per month/year. Let the kids help plan.
- Take time to intentionally appreciate aging family members. Model for your kids.
- Start your day with gratitude as a family at home.
- Post positive notes on a chalk board/bulletin board/fridge at home.
- Share 5 memories that are special to you with a family member and ask what their favorite memories are. You might be surprised what small things/no cost events produce favorite memories!
- More than one child? TAKE 5 minutes with each child to connect each day.
- Text your kids a 5 word blessing.

How will you TAKE 5 in your home?