PARENTS AND FAMILIES

Family Rhythm and Activity Cards

A weekly rhythm plus conversation and activity ideas to print and cut.

STEP 1 · START HERE

Start with one weekly evening: game night, a walk, or cooking together, no phones.

A rhythm is a small, repeated habit your family can count on. Start with one weekly evening and grow from there.

A simple weekly rhythm

- **Every day:** one phone-free family time.
- **One evening a week:** game night, a walk, or cooking together, no phones.
- **Once a month:** an outing someone else picks.

Conversation cards

What was the best part of your day?	What's something that made you laugh this week?
If you could learn any skill, what would it be?	What's one thing you're looking forward to?
Who did you help today, or who helped you?	What would a perfect Saturday look like?
What's something hard you did this week?	What should our family try together this month?

Activity cards

Read a picture book aloud together	Play "20 Questions"

Bake cookies or a snack	**Nature scavenger hunt in the yard**
Build a fort	**Living-room dance party**
Teach a skill: cooking, tools, sewing	**Card game or board game**

Print, cut along the boxes, and keep the cards in a jar. When someone reaches for a phone, draw a card.

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