

Activities for Children

You may find these activities helpful for children and adolescents in these age groups:

Elementary Age (6-12)

- Write stories or create a diary using a journal.
- Create a scrapbook using different materials and include things like handprints, family drawings.
- Buy a plant and help your child care for it. Connect this activity to how we take care of something making sure it gets what it needs to be healthy.

Adolescents (13-18) and Early Adulthood (18+)

- Create a video or audio recording of yourselves.
- Create a family tree and take the time to fill it out going as far back as possible.
- Go grocery shopping and make a meal together.