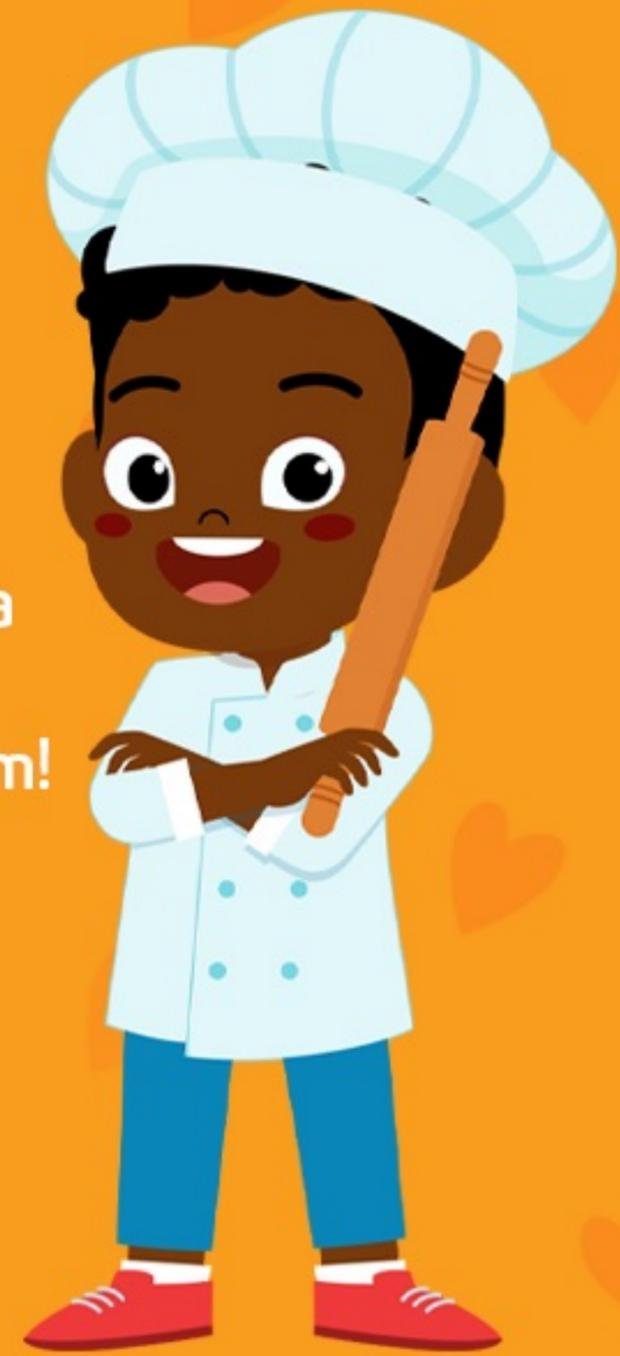


HAPPY FAMILY DAY



1. COOK A MEAL TOGETHER

Get the whole family involved in preparing a meal—from chopping veggies to setting the table. Cooking together is a great way to bond, teach kids practical skills, and share a sense of accomplishment when you enjoy the meal as a team!



2. ENJOY A PICNIC

Pack your favourite snacks or lunch and head to the garden, park, or even the living room floor for a family picnic. Bring along a ball, some books, or just enjoy chatting and relaxing in each other's company.



3. DECLUTTER & DONATE

Take a moment to go through clothes, toys, or books you no longer use and talk about the importance of giving to others. As a family, choose a place to donate them and make it a feel-good mission of kindness and gratitude.

4. PAINT SOME PICTURES

Grab your brushes, paints, and imagination! Whether you follow a theme or paint freely, this is a fun, calming activity that encourages creativity and gives you something special to hang up or gift to loved ones.

