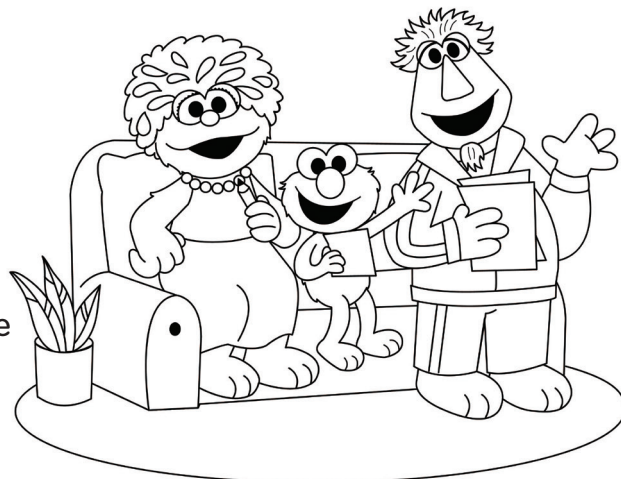


Joyful Moments

Sometimes practicing self-care is the best way to stand up for yourself, and against unfairness. Families can prioritize self-care *together!* Below, you'll find several family moments. Cut them out and use them for some together time with your family.



GOOD FOR ONE STORY

Try to keep to simple routines, such as reading a book to your preschooler before bedtime, or playing a board game with your grade-school child after dinner.

GOOD FOR ONE JOKE

Have fun with your family. Not only will it help lift everyone's spirits, but it will also remind everyone what is most important: spending time together!



GOOD FOR AN EXTRA-BIG HUG

You are not alone. Though it may sometimes be hard to remain hopeful in the face of challenges—remind one another of the love that you share.

GOOD FOR 20 MINUTES OF DANCING

Physical movement is a great stress-reliever! Join hands and dance around to a favorite tune. See who can come up with the best moves.

GOOD FOR A SHOUT

When emotions run high, listen to any concerns that your children may share and let them know that you understand why they feel worried or scared.

GOOD FOR ONE FUNNY FACE

Get your sillies out! A playful face can ease tension and help your children (and yourself) remember that you can play and enjoy your time together.

GOOD FOR ONE SONG

Music can help you and your children express emotions. Let your child pick their favorite song to sing together, or hum a tune from a song that is meaningful to you.