



## Family Fun Month

August is “Family Fun Month” so what better excuse than to spend some quality time with your family. Start with a blank August calendar. It can be one you purchase or make yourself on a piece of paper. Sit with your family (mom, dad, kids, grandparents) and write down responses to questions like, “What is your favorite breakfast?” “What is your favorite dessert?” “What is your favorite things to do?” “What is your favorite movie?” Ask any questions that give you information about all of your family member’s favorite things. Now, fill in one favorite thing on each day of the calendar and give each family member credit for their entry. For example, August 3<sup>rd</sup> might be “Mom’s favorite fruit” and on that day everyone will get to taste whatever fruit that might be. By the end of the month, the whole family will have enjoyed all of their family’s favorite things and the best part will be that you did it all together!



