

DAY
21

Fun



DAY 21 *Fun*

By now, I'm really hoping that you're seeing some significant shifts in the way your family is functioning. I'm hoping that you're happier. If there is still room for improvement, the missing ingredient may be FUN!

For this final list of activities, the focus is on getting more fun into your family.

Research into play tells us that it creates positive emotions that build important resources. We increase our physical wellbeing, our social wellbeing, our cognitive wellbeing, and our social wellbeing. All in all, we become happier.

