

# Are you having A BAD DAY?

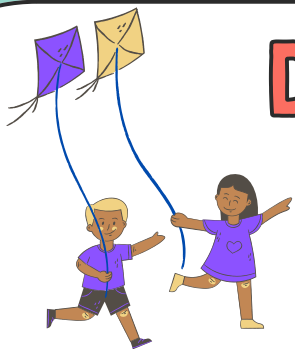


## STEP AWAY

Take a breath and count to 10. Take a time out from each other and go to your own spaces. On a really hard day, you may want to abandon ship and try again tomorrow.

## ONE TASK

Multitasking can be overwhelming and unproductive. Choose ONE thing you can do and focus on only that task.



## DO SOMETHING FUN

Play a boardgame, go to the trampoline park, watch a movie, get an ice cream, head to the coffee shop, or explore a museum. Have fun reconnecting with each other.

## JUST ADD WATER

Take a warm bath or shower or better yet head to the pool for some fun. The sensation of water is soothing and stress relieving.



## OUTDOORS

Being in nature is therapeutic and has an instant calming effect. Go for a nature hike, dig in the garden, ride a bike, jump on a scooter, or read a book outdoors.

## ASK THEM

Simply ask your child what they think would help with the struggle. You may be surprised. They may give you some insight into why you have hit a bump in the road.



## IS EVERYONE WELL?

Make sure everyone is feeling ok. Are you getting a cold? Are you hungry or thirsty? Did you sleep well? You can't learn if you don't take care of yourself.