

What restores your Soul?

Try these ways and add your own ideas to the list.

LAUGH!
play games or watch a favorite funny video together

WALK!
in your neighborhood, a local river, creek or in the forest

MUSIC!
create a playlist for the whole family to listen and dance to, take the dancing outside into your yard or a park

READ!
choose a book to read as a family each taking turns reading a chapter, this can be a nightly ritual for those in your home

COOK!
a favorite brunch meal, a recipe that was passed down through the family, tell stories as you create together

what restores your soul?
is it something you do on your own or with others?