

PowerUp TOGETHER

- **ORGANIZE** a family fun day.
- **SHARE** the best and most challenging parts of your day.
- **ADD** 5 healthy foods to your grocery list.
- **TALK** it out! Write questions to discuss over family dinner.
- **GET** moving together.
- **ROLE** play! Act out scenarios to discuss sensitive or uncomfortable topics.
- **WIND** down before bed to get 8 hours of sleep.
- **BE** an “askable” parent. Let your kids know they can come to you about anything.

