

WAYS FOR FAMILIES TO GET CLOSER

Getting closer to your family can start with some simple steps that you can be the first to take. Try these ideas for spending time together.

1. Eat meals together. It seems simple, but can make a big difference. If dinner doesn't work because of busy schedules, try breakfast.
2. Take a walk, play catch, or ride bikes together.
3. Ask family members about how their day was. Talk about your own activities at school.

4. Work on projects together. Help your mom fix the faucet. Work in the garden with your dad.

5. Go places together. Head to the park, a local sports event, the movies, or a museum.

6. Be nice to each other. Tell your parents you love them. Say, "Way to go!" when your brother brings home a good grade. Let your sister know that she's great at soccer.