



12 DAYS OF Christmas

FAMILY SELF CARE
CHALLENGE



<p>1</p> <p>Indulge in a pampering session for mum</p> 	<p>2</p> <p>Enjoy a cozy family movie night.</p> 	<p>3</p> <p>Craft handmade ornaments as a family</p>
<p>4</p> <p>Take a nature walk and collect memories.</p> 	<p>5</p> <p>Start a family gratitude journal</p> 	<p>6</p> <p>Bake holiday treats together.</p>
<p>7</p> <p>Create personalized Christmas cards</p> 	<p>8</p> <p>Connect virtually with extended family</p>	<p>9</p> <p>Have a family game night.</p>
<p>10</p> <p>Sing your Favourite Carols together</p> 	<p>11</p> <p>Share holiday stories during a night in.</p> 	<p>12</p> <p>Perform acts of kindness as a family</p>

