



Gr8fully unplugged
Ideas to bond as a family,
while your phones take a nap

1. **Go take a hike** – we have so many local trails and beaches to enjoy a walk together as a family.
- <http://hikingsdcounty.com/hiking-trails-san-diego-county/>
2. **Gr8ful sundaes** – get the family together to write notes of gratitude to grandparents, aunts and uncles, or maybe a coach or teacher who recently made a difference in the lives of your children. Postcards or a pack of thank you notes help to keep the sentiment short, but meaningful. The reward...a homemade ice cream sundae.
3. **Family breakfast, lunch or dinner** – whatever works best for your family's schedule. A favorite for the kids in our home is breakfast for dinner. Let the family share their favorite meals when you're buying groceries for the week. Give that family member the "mic" when it's their meal being served to share their highs and lows.
4. **Game night** – dust off the old board games and let the friendly competition begin. Have the kids pick out their old favorites. Share the memories of playing when they were little.
5. **Home movies night** – vacations or old sports footage bring back fun memories. Pop some popcorn and bring on the laughter.
6. **Day Road Trips** – looking for a day long activity? Julian for a hike and apple pie, Laguna Beach for beach day and lunch. Closer to home, Balboa Park for museums and picnic or biking around Coronado is a fun adventure.
7. **Community Service** – find a local volunteer organization, Surfrider foundation, that hosts beach cleanups, SD Food bank, organizes food for distribution, Father Joes Village, helps serve the homeless meals downtown. Help out one time and then consider once a month.
8. **Family Sunset Dinners** – bring dinner to the beach and enjoy the beauty of our sunsets. Great way to reset and talk about the week ahead.

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