



Planning a fun activity together

For your activity this week, we are encouraging you and your teen to do something fun together. Doing fun activities together is a great way to strengthen your relationship with your teen and can help to increase their trust in you. It can be especially important to do enjoyable things together if you have been having a lot of stress or conflict in your relationship. When doing this activity together, you need to focus on being fully present. This means that you have set aside enough time for the activity, you do not have any distractions (e.g., phones, social media), and you pick something where you can interact with each other (so not watching TV/movie or a sports game). You can pick any activity that you both agree you would like to try. Here are some suggestions to get you started:

- Cook a meal together/bake something together.
- Go on a walk, hike, or run together.
- Complete a jigsaw puzzle together.
- Complete a craft project together.
- Go window shopping.
- Play board or card games together.
- Play a sport together.
- Play an outdoor game together.
- Plan a trip/getaway together.
- Visit a museum/zoo/aquarium.
- Go geocaching.