



Create Fun Family Rituals

5210 Introduction

Family rituals like meals, cultural festivals, activities, and kisses, winks or handshakes give you and your children a sense of security, identity and belonging. That's because they're special things that you do together and they have special meaning for you. They create shared memories, and build family relationships and bonds. Check out the challenges below to start incorporating new rituals into your family.

#familybonding
#traditions
#5210HC



Post to Social Media

Just copy, paste and post!



Research shows that routines and traditions are part of healthy families. Traditions give security to young people, providing a sense of continuity and routine that they can depend on year after year.

Such activities help promote healthy relationships between generations when they are enjoyed and anticipated by everyone.

Check out <https://bit.ly/2HOo3Ba> to start creating new family traditions and let us know some of your favorites! To learn more about 5210 Healthy Children, visit 5210.psu.edu!



When was the last time you and your family practiced any family rituals? Start incorporating new family fun into your routines

<https://bit.ly/2HOo3Ba>. Let us know your favorite family rituals!

#5210HC #familybonding #traditions

Choose a Challenge

Fun Family Traditions Every Month

<https://5210.psu.edu/wp-content/uploads/2018/10/Fun-Family-Traditions-Every-Month-hc.pdf>

Family Winter Bucket List

<https://5210.psu.edu/wp-content/uploads/2018/10/Family-Winter-Bucket-List-hc.pdf>

Fun Family Traditions

<https://5210.psu.edu/wp-content/uploads/2018/10/Fun-Family-Traditions-hc.pdf>

Kids In the Kitchen

<https://5210.psu.edu/wp-content/uploads/2018/10/Kids-in-the-kitchen-hc.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)