

September



1 Write down 3 things you're excited for this month	2 Have a phone-free dinner	3 Do a random act of kindness for a neighbor	4 Share one funny story from your day	5 Go outside for 10 minutes and notice signs of fall	6 Cook (or eat) a meal together as a family	7 Leave a kind note in someone's backpack, lunchbox, or purse
8 Try a new fruit or veggie you don't usually eat	9 Play a board game or card game together	10 Write down one goal for the week and post it on the fridge	11 Thank a community helper (teacher, mail carrier, bus driver)	12 Family 10-minute tidy-up (blast music + clean fast)	13 Share your favorite song from when you were younger	14 Go on a family walk and collect 3 interesting leaves
15 Do a "highs and lows" check-in at dinner	16 Make someone laugh with a silly joke	17 Write down one thing you love about your family	18 Try a new after-dinner activity (puzzle, charades, etc.)	19 Do something helpful without being asked	20 Have an early bedtime & read together (or solo)	21 Donate or declutter 5 things you no longer use
22 Celebrate the first day of fall 🍁 with a cozy treat	23 Each person shares their favorite fall memory	24 Compliment each family member before bed	25 Learn one new fact together (Google something fun!)	26 Do a 1-minute mindfulness activity (deep breaths)	27 Share one thing you're grateful for today	28 Bake or buy a fall treat and enjoy it together
29 Do something active outside (frisbee, soccer, tag)	30 Do something active outside (frisbee, soccer, tag)					