

FAMILY RESET OPTIONS

PLAY. MOVE. CONNECT. RESET TOGETHER.

Quick, playful ideas to shift energy and bring smiles back.

1 PASS THE FACE



Make a silly face. Next person copies it and changes one tiny thing. Pass it on!

2 AIR DRAWING



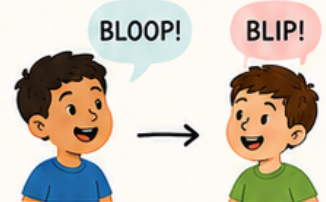
Use your finger to draw in the air! A cat, a taco, a castle—anything you like!

3 SILLY TALK



Talk in silly voices, make up words, or try gibberish for 1–2 minutes!

4 PASS THE SOUND



Make a sound (not a word). Next person changes it slightly. Keep it going!

5 FREEZE DANCE



Dance, wiggle, or move—when the music stops, FREEZE! Unfreeze and go again!

6 FLOOR IS LAVA



The floor is lava! Keep your feet off the ground. Use pillows, chairs, anything safe!

7 ANIMAL WALKS



Take turns moving like different things: bear walk, crab walk, giant steps, tiny steps!

8 SIMON SAYS



Listen and move only when Simon says! Great for focus and giggles.

9 SPEED SWITCH



Move super fast! Now super slow! Keep switching speeds.

10 OBSTACLE COURSE



Build a quick course with pillows, blankets, and chairs. Go through, over, under or around!

11 BALANCE CHALLENGE



Balance on one foot, heel-to-toe, or like a statue. See who can hold it the longest!

12 YOGA POSES



Take turns picking a yoga pose. Breathe and stretch together.

13 PASS THE BEAT



Clap, tap, or pat a rhythm. Next person copies it and adds one beat. Pass it around!

14 VOLUME SLIDER



Pretend there's a volume knob. Turn it up... down... whisper... mute!

15 SHAPE STATUES



Create shapes with your bodies. Make letters, hearts, stars—get creative!

16 BUBBLE BREATH



Take a deep breath in and blow out slowly like a big bubble.

TIPS FOR SUCCESS



KEEP IT SHORT
1–3 minutes is perfect!



INVITE, DON'T COMMAND
Give choices when you can.



JOIN IN
Kids follow our energy.



BE FLEXIBLE
If one person says no, that's okay!

YOU'VE GOT THIS. TOGETHER IS THE MAGIC.

RESET. RECONNECT. ENJOY YOUR TIME TOGETHER.