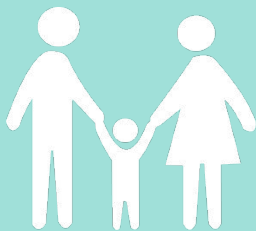


Family Activity

CHALLENGE CARDS



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION 
FOR SOCIAL & BEHAVIOR CHANGE

Family Activity

CHALLENGE CARDS

Instructions:

1. Pick at least one activity to do together during the week between Family Space sessions. It can be from the cards, or something else you agree upon.
2. Document that you have completed the activity - take a picture, write down what you talked about, bring a ticket stub, etc.
3. At the beginning of the following class, share the "proof" of which activity you completed.
4. Families that complete the challenges they promised to complete will have the opportunity to be awarded the "Best of the Best Family."
5. In the final session, you will have the option to share stories about the activities you completed (i.e., what you learned, what changes you experienced, if any, etc.)



ACTIVITY

Parents help children with their homework



MOMENT OF THE DAY

After dinner



DURATION

30 minutes

ACTIVITY CARD



ACTIVITY

Clean up as a family



MOMENT OF THE DAY

Weekend



DURATION

In the morning

ACTIVITY CARD



ACTIVITY

Parents share stories about their childhood



MOMENT OF THE DAY

During dinner



DURATION

15 minutes

ACTIVITY CARD



ACTIVITY

Play sports or exercise together



MOMENT OF THE DAY

Weekends



DURATION

30-60 minutes

ACTIVITY CARD



ACTIVITY

Do a favorite activity or hobby together (e.g., hiking, cooking, going to a festival, etc.)



MOMENT OF THE DAY

Weekend



DURATION

1 hour

ACTIVITY CARD



ACTIVITY

Have a family karaoke session



MOMENT OF THE DAY

Weekends



DURATION

Customizable

ACTIVITY CARD



ACTIVITY

Share the best and worst parts about their days



MOMENT OF THE DAY

Dinner time or
before bed



DURATION

15 minutes

ACTIVITY CARD



ACTIVITY

Play the Empathways Card activity



MOMENT OF THE DAY

Customizable



DURATION

15-30 minutes

ACTIVITY CARD