

Family Rituals that boost love and connection

- Mandatory hugs every morning
- Say thank you to the sun every morning
- Sing 'I love you just the way you are' as kids get dressed
- Give a high 5 for every mistake & ask 'what did you learn'?
- Afternoon tea on Sundays (decaf of course)
- Share your childhood stories after dinner
- Send positive wishes to loved ones every night