

# 4 WEEK FAMILY CHALLENGE

## WEEK 2 - WELLNESS

- Everyone write down 5 things you are grateful for. Discuss as a family.
- Write/Draw what you want to be when you're older. Explain what you wrote or drew.
- Find an empty jar and set a financial goal as a family. Once the jar is filled, decide if will you donate to a local charity or buy a new game to play as a family.

