

## The Blue Big Hug Circle: Checklist Activity

Your **immediate family** is in your blue big hug circle.

Using the list below, check off or write down activities you do with your family.

☐ Watch TV or movies

☐ Play card or board games

☐ Read together

☐ Take walks

☐ Exercise

☐ Play sports

☐ Create art

☐ Have dance parties

☐ Cook together

☐ Sing songs

☐ Do chores

☐ Look at photos

☐ Go out to dinner

☐ Have picnics

☐ Go bowling

☐ Go to museums

☐ Spend time at the beach or a pool

☐ Go shopping

☐ Watch concerts

☐ Go on vacations

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