



## Family Bucket List

This is a fun bonding activity for the family! It forces us to get together and find out what we each wish for. This will help you work as a unit towards accomplishing goals, understand each other better, and also understand how we may better support those closest to us. By learning how others enjoy spending their time or their goals and ideas, we can learn more about them and ourselves!



## Wheel of Fortune

This will help you to create for the future. If you already know what is going to happen, our faith in what we are doing becomes stronger. If we know what will happen we just have to make sure we are doing things that will help us when we get there. By creating your wheel of fortune with goals related to different aspects of life, spin to see which goal you will accomplish next!



## Marshmallow Challenge

This is a classic team-building exercise. You build a tower out of tape and spaghetti, once finished you must place a marshmallow at the top without toppling the structure. This is very effective at building coordination, and enhancing problem-solving skills in individuals. This with further helps them in the future with setting and planning goals!