

# Routine

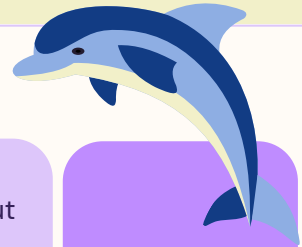
## Exercise

Improves both physical and mental health



## Going for a walk

Space and time to communicate without interference of other responsibilities



## Gardening

Improves mental peace



## Creative works together

Improve creativity, self esteem and self awareness



## Playing games with the family

Create a feeling of togetherness



## Service day

Improves teamship, and children learns values



## Dining with family members

Helps to strengthen family bonding



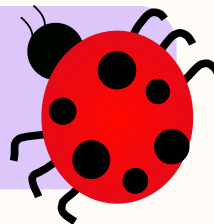
## Story telling

Create a friendly atmosphere and improves bonding and understand



## Traveling together

Helps to reduce stress and improves understanding between members



## Time to study

Improves knowledge and contributes to self development

