

**BOOST YOUR**

# **FAMILY'S HAPPINESS**

50 ideas to help you strengthen your relationships and have fun in the process



**KATIE TRUDEAU**

# What is Cor Domum?

Cor Domum means "heart of the home," and we believe that family is the heart of every home.

Our mission is to guide families through life so that they can **parent with joy** and **build stronger relationships**.

We want to be a resource to empower you to live a joy filled life! Through a community inspired by Attachment Parenting, natural living, and gentle discipline, every family can be happier, have stronger relationships, and live more authentically.

I still believe my mission is to change the world, one person at a time.

# How to use this book?

Research shows us that we tend to connect more and make more meaningful memories through **experiences**.

Time is the greatest gift we can give to another.

Use this book as a way to jumpstart, revive, or renew the relationships in your family. Think of it as a bucket list towards a stronger family - a happier family.

## The Outdoorsy List

# Why the Outdoorsy List will help you

Multiple studies have been conducted that reveal the effects of nature on a person's emotional, physical, and mental wellbeing. It's no secret that spending time outdoors is good for the body. More importantly, spending time outdoors TOGETHER with another person helps to strengthen the bond between the two individuals.

## THE Benefits of Being

in NATURE

Improved mood

Reduced symptoms of ADHD

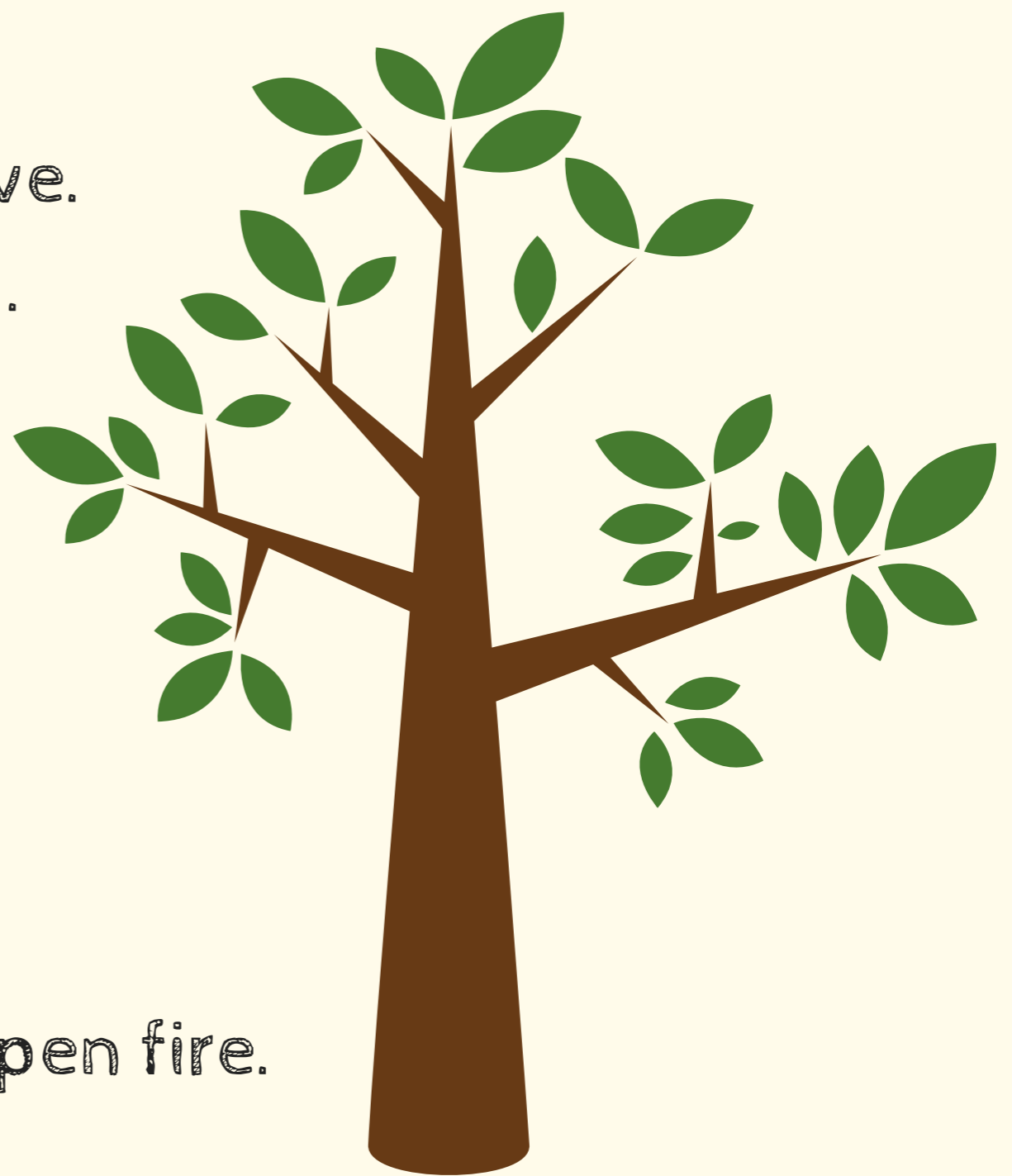
Daily dose of vitamin D

## The Outdoorsy List



What to do outside?

1. Pack a picnic and visit a local park.
2. Visit a state park.
3. Go for a hike.
4. Swim in the ocean.
5. Try an outdoor sport that you have never tried.
6. Stargaze ... even if you have to drive to a clear meadow.
7. Take a winter walk along a beach.
8. Go "hunting": grab a camera, a list of local wildlife, and try to "shoot" each animal on your list. For extra fun, make teams and race to see who can take the most pictures.
9. Try yoga in the park.
10. Canoe to the middle of a lake and just be.
11. Barbecue at a park.
12. Build and then fly your own kite.
13. Start a herb garden.
14. Plan a Choose Your Own Adventure road trip: Plan only for one destination at a time. See where the road takes you. Plan only one stop at a time. Bonus: Drive with the windows down and the music up.
15. Be fearless: attempt the high dive.
16. Camp (or Glamp) for a weekend.
17. Attend a Movie in the Park.
18. Play Ultimate Frisbee.
19. Go to an orchard and pick your own produce.
20. Zipline.
21. Go SCUBA diving (yep, scuba).
22. Cook dinner together over an open fire.
23. Rollerskate around the block.





## Why the Creative List will help you

Art - regardless of the medium - is an excellent tool for building and rekindling a relationship. In fact, it's so helpful, art therapy is used to increase problem solving skills and help manage emotions. The effects of art on a person's emotional well being is carried over into their relationships. Thus, doing art together as a family improves the emotional connection.

# THE Benefits of Being

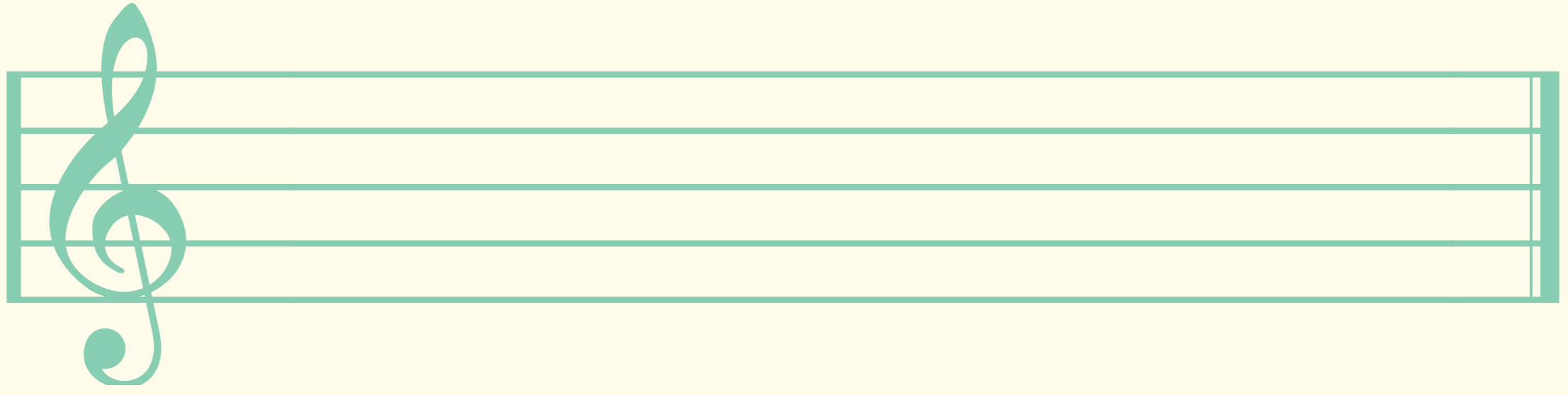
Creative

Strengthens problem-solving skills

Art builds neural connections

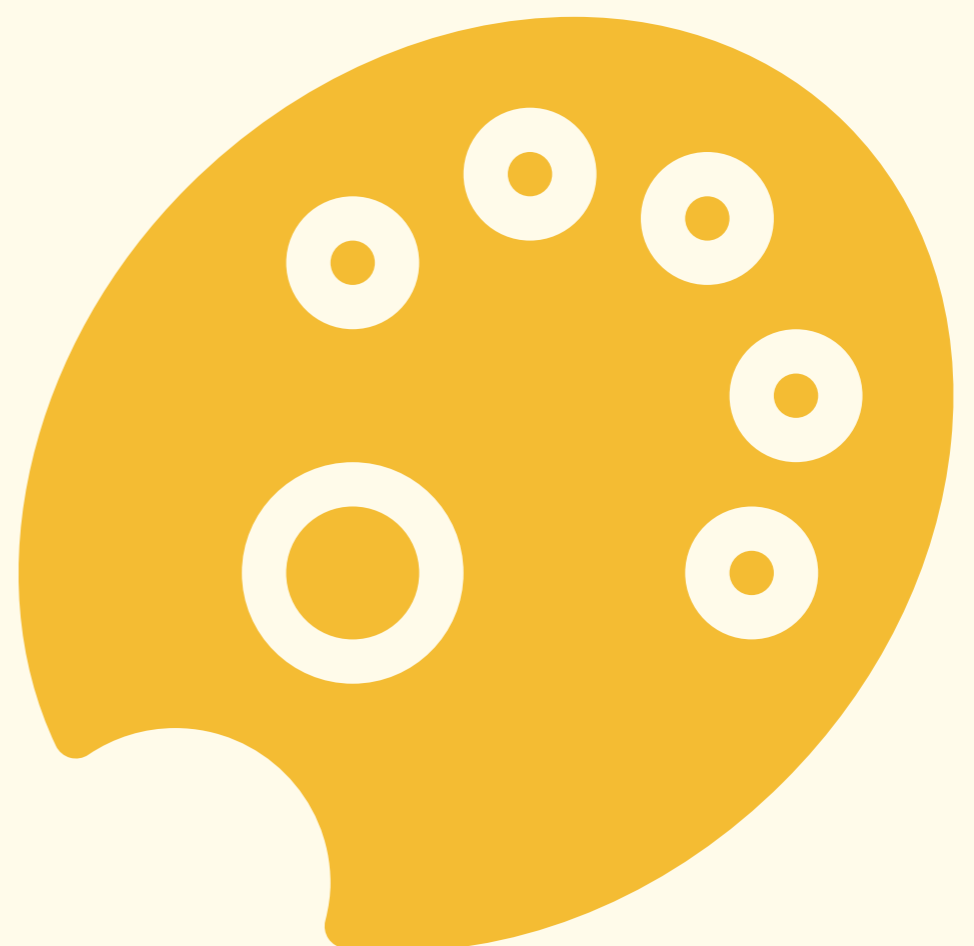
Helps to manage addictions

## The Creative List



Need some inspiration?

24. Finger paint with your kids... or even without them.
25. Visit a music store and pick out an instrument to learn.
26. Play DJ: Take turns pretending to host a radio show.
27. Schedule a Pinterest-Project Weekend.
28. Buy some canvases and paints. Hold a painting night. Decide as a family on a theme or inspiration. Compare each family member's take on the theme.
29. Dance party: Let the youngest person DJ.
30. Do a "craft-in-a-box".
31. Give life to an old piece of furniture.
32. Rearrange the furniture.
33. Read a story out loud, preferably next to a cozy fire.
34. Have your kids write a story, then you act it out for them.
35. Go to a classical music concert.
36. Play charades.
37. Create a treasure hunt.



## The Foodie List

# Why the Foodie List will help you

Food is more than just fuel. The food that we eat quite literally forms who we are, affects our emotional and mental attitudes and can improve your mental and physical performance. Processed food can clog your mind and body which definitely puts a damper on your happy levels. Choose foods that empower every aspect your being.

## THE Benefits of Eating

### TOGETHER

Family meals improve self-esteem levels of children

Children are more likely to make positive life choices

Improves communication between family members



## The Foodie List

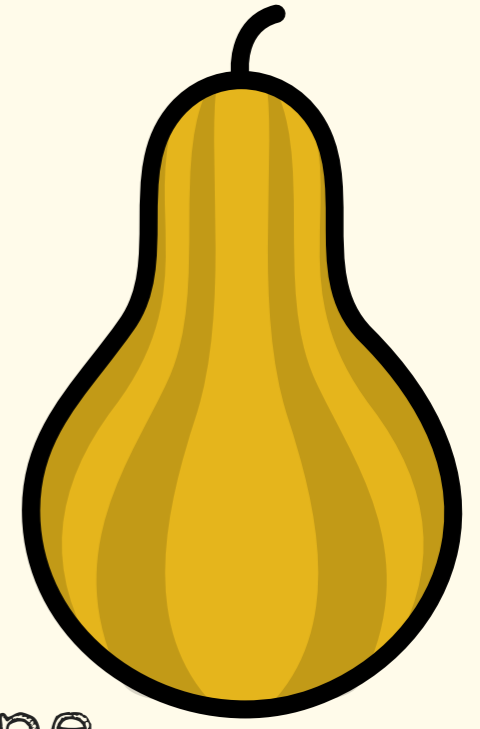
38. Go to the produce section of a grocery store and buy the strangest looking piece of fruit.

Explore it, taste it, and use a new recipe to cook with it.

39. Have a themed night in. Grab a subtitled foreign movie from your library and create a cuisine to go along with it. For example, make Chicken Tikka Malasa, homemade chai, and watch a Bollywood musical.

40. Make a date night out of it and sign up for a cooking class. The more out of your kitchen comfort zone, the better! Sushi lessons, anyone?

41. Create a wine and cheese tasting. Purchase a few bottles of your favorite wine and 1-2 that you've never tried. Assemble a fruit and cheese plate. Invite friends over. If you have littles, use sparkling grape juice, cheddar cheese, and apple slices so they can participate.



42. Buy a new cookbook and cook your way through it a la Julia & Julie.

43. Host a family cupcake war. Set the guidelines, the challenge, and get your bake on.

44. Bake several 6" round cakes. Divide into teams and work to see which team can create the tallest (or most creative) cake.



45. Play "Chopped." Assign one person to be the chef. All other family members assign an ingredient that the chef must use to make dinner.

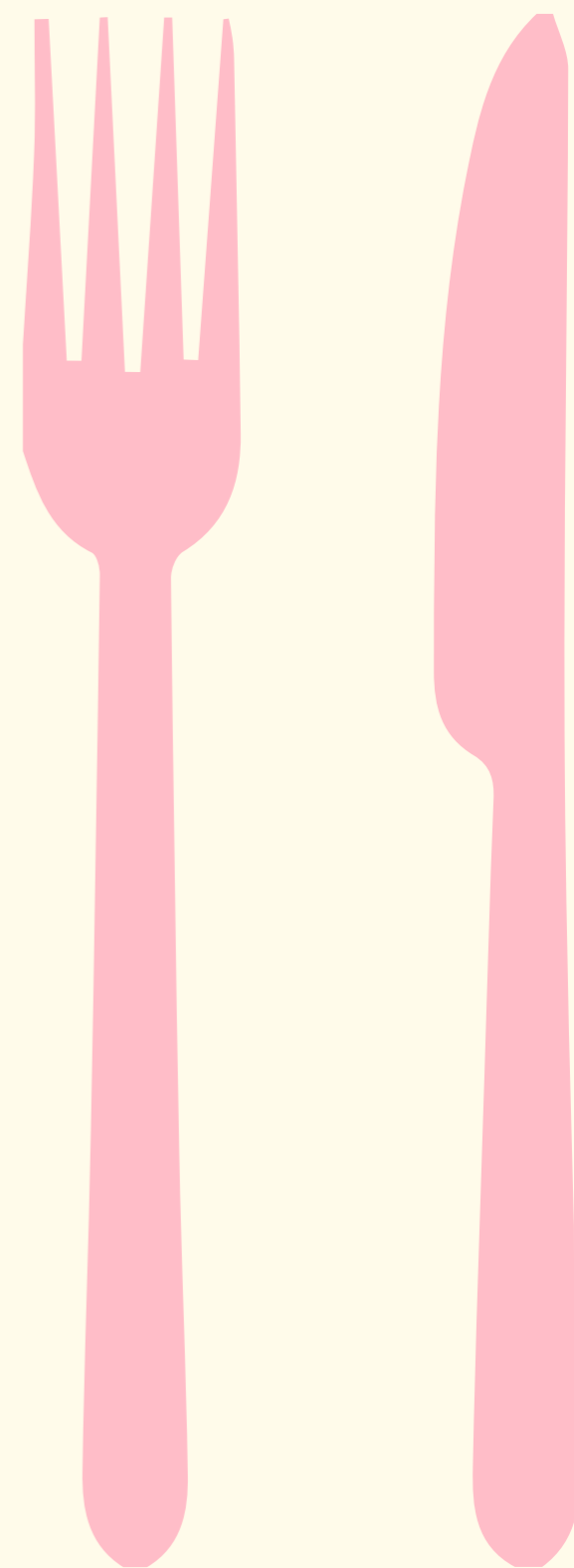
46. Plan a weekend trip to a nearby city and take the local food tour.

47. Blindfold a family member and have them guess what food you feed them.

48. Be brave. Is there a food you hate? Try to like it again by using it in a new recipe.

49. Teach your child basic kitchen skills.

50. Have your child cook YOU something.



## What Next?

As you work through these activities, you may find yourself making funny/messy/adventurous memories in the process.

Enjoy each moment.

For more resources on building happier families, visit [www.katietrudeau.com](http://www.katietrudeau.com) or subscribe to our podcast <http://cordomum.libsyn.com/podcast>.

You can also find Katie on:



**A Movement for Families who are Passionate about  
Gentle Parenting, Real Food, and Natural Living**