

Family leisure activities:

# Core & Balance

Core activities are common, everyday activities typically done at home.



Balance activities happen less often; they usually involve planning and take place outside of the home.



Core activities like cooking meals together can help people explore family roles.



Balance activities like family vacations are an opportunity to practice problem-solving.



During core activities like gardening, families establish healthy communication patterns.



Bowling is an example of a balance activity that allows families to develop new skills together.



Playing games together is an example of a core activity that gives families the chance to express emotions in a safe environment.



Trips to fairs and sporting events are balance activities that can help families to become more adaptable.



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