



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities



# **Family Leisure Calendar**

## The Core and Balance Model

Core activities are usually free or low cost. They are often done at home. They require little planning, are often spontaneous, and also include the ordinary things you do together. These activities might include chores, cooking, and playing games or watching movies at home.

Core activities are important to family health because they inspire stability and security. Family members assume roles, feel they can be themselves, and learn family norms and expectations. Core activities inspire feelings of cohesion and comfort together.

Balance activities are the things you might consider a break from the ordinary. They are novel experiences which you don't do regularly. They occur outside of the home and require planning and (often) money. These activities might include vacations, trips to the zoo, or picnics.

Balance activities are important to family health because they take the family out of a comfort zone. When families have to deal with new and unexpected situations, they must work to plan, adapt, and negotiate. These activities help the family strengthen their ability to work together through changes and challenges.

### EXAMPLES

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

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

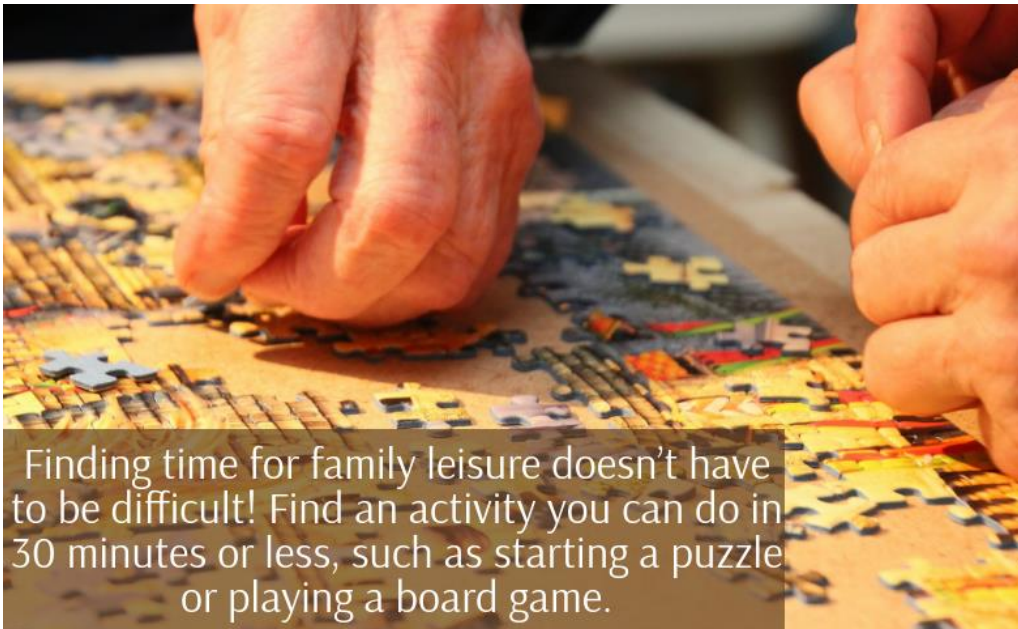
Playing games together is an example of a core activity that gives families the chance to express emotions in a safe environment.

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

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

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

Families need both core and balance activities. You might have heard the old saying, "the family that plays together, stays together." We fully support this idea, with the reminder that the types of activities you select are important. This calendar offers core and balance activity suggestions that you might use to as a reminder and inspiration throughout the year. Many of the suggestions were found in the TU Collaborative's Leisure Education Toolkit, written by Debbie Pakstis Kubis. You can download a copy of this toolkit on the TU Collaborative's [website](#).



Finding time for family leisure doesn't have to be difficult! Find an activity you can do in 30 minutes or less, such as starting a puzzle or playing a board game.

Monthly Goal: Invite close family friends over for a game night. Let the kids invite their school buddies and choose some of your favorite games to play. These types of activities encourage family bonding.

January

2018

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| Sunday | Monday                           | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|---------|-----------|----------|--------|----------|
|        | 1<br>New Years' Day              | 2       | 3         | 4        | 5      | 6        |
| 7      | 8                                | 9       | 10        | 11       | 12     | 13       |
| 14     | 15<br>Martin Luther King Jr. Day | 16      | 17        | 18       | 19     | 20       |
| 21     | 22                               | 23      | 24        | 25       | 26     | 27       |
| 28     | 29                               | 30      | 31        |          |        |          |

Many cities offer free or low cost ways to attend music, art, theater, and dance performances.



Monthly Goal: Find some opportunities in your neighborhood! Visit your library, read flyers in cafes, call your city's visitor's center, and read local websites and blogs until you find some things you might want to try out.

# February 2018

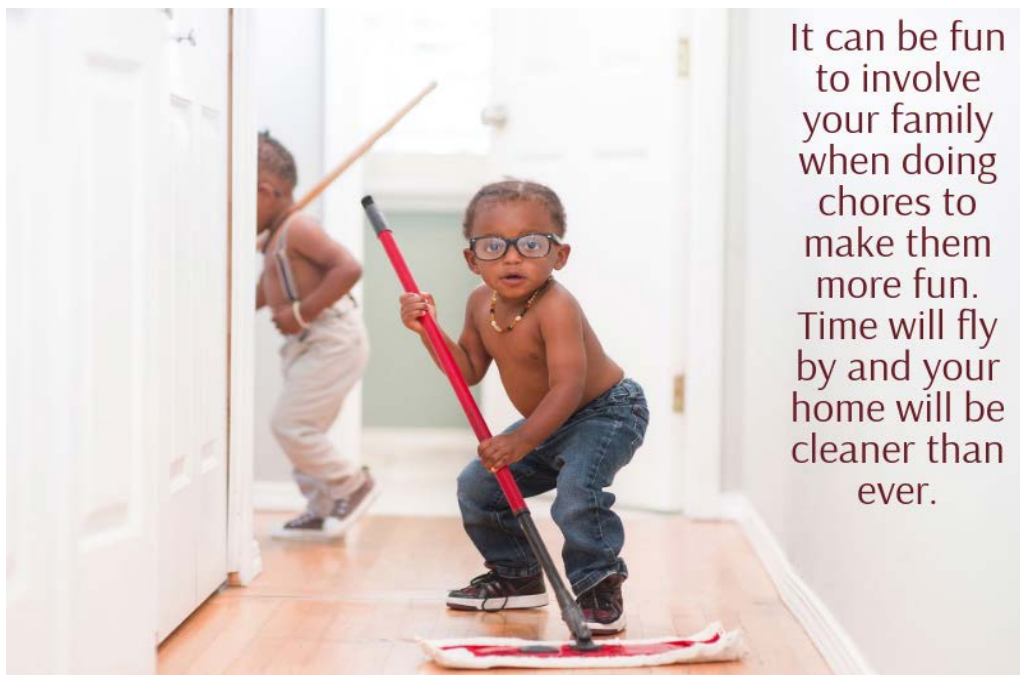
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| Sunday              | Monday                   | Tuesday          | Wednesday             | Thursday | Friday                 | Saturday |
|---------------------|--------------------------|------------------|-----------------------|----------|------------------------|----------|
|                     |                          |                  |                       | 1        | 2<br>Groundhog Day     | 3        |
| 4<br>Rosa Parks Day | 5                        | 6                | 7                     | 8        | 9                      | 10       |
| 11                  | 12<br>Lincoln's Birthday | 13<br>Mardi Gras | 14<br>Valentine's Day | 15       | 16<br>Chinese New Year | 17       |
| 18                  | 19<br>President's Day    | 20               | 21                    | 22       | 23                     | 24       |
| 25                  | 26                       | 27               | 28                    |          |                        |          |
|                     |                          |                  |                       |          |                        |          |



It can be fun to involve your family when doing chores to make them more fun. Time will fly by and your home will be cleaner than ever.

Monthly Goal: Invite your family to do chores with you. Set a timer and rush to clean a room in less than five minutes. Add music and dance while cleaning dishes. Compete for who can match the most socks or separate and fold their own clothes from a clean clothes pile.

# March

# 2018

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| Sunday                                | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday                |
|---------------------------------------|--------|---------|-----------|----------|--------|-------------------------|
|                                       |        |         |           | 1        | 2      | 3                       |
| 4                                     | 5      | 6       | 7         | 8        | 9      | 10                      |
| 11<br>Daylight Savings<br>Time Starts | 12     | 13      | 14        | 15       | 16     | 17<br>St. Patrick's Day |
| 18                                    | 19     | 20      | 21        | 22       | 23     | 24                      |
| 25                                    | 26     | 27      | 28        | 29       | 30     | 31<br>Passover          |



Spirituality is a personal thing. Some families have a religious affiliation and attend services regularly. Others express their connection to something greater in other ways.

# April 2018

**Monthly Goal:** This month, make time to talk with your family about spiritual issues. Share time in prayer, meditation, or express gratitude. Walk or relax outdoors. Feel the air on your skin and the earth under your feet. Watch the clouds float through the sky and the stars twinkle. These things connect you to something greater than the self.

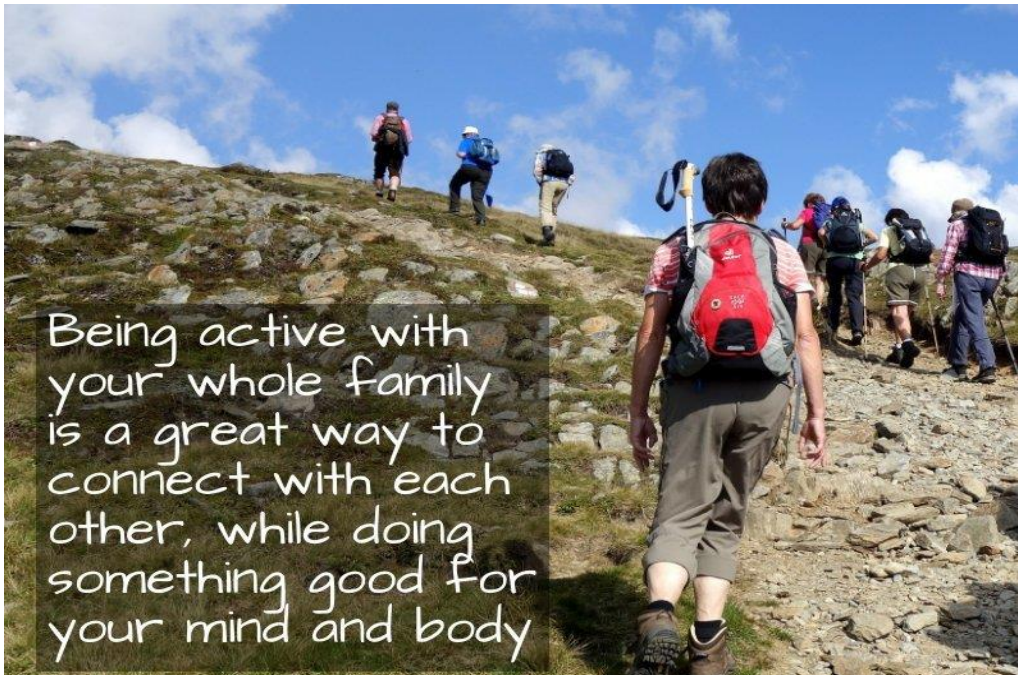
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| Sunday                                 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------|--------|---------|-----------|----------|--------|----------|
| 1<br>April Fool's Day<br>Easter Sunday | 2      | 3       | 4         | 5        | 6      | 7        |
| 8                                      | 9      | 10      | 11        | 12       | 13     | 14       |
| 15                                     | 16     | 17      | 18        | 19       | 20     | 21       |
| 22<br>Earth Day                        | 23     | 24      | 25        | 26       | 27     | 28       |
| 29                                     | 30     |         |           |          |        |          |
|                                        |        |         |           |          |        |          |



Being active with your whole family is a great way to connect with each other, while doing something good for your mind and body

Monthly Goal: Try walking or biking to work/school this month. If you find that driving is the best option for you, incorporate driving games into your next ride.

May

2018

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| Sunday             | Monday             | Tuesday | Wednesday            | Thursday | Friday | Saturday           |
|--------------------|--------------------|---------|----------------------|----------|--------|--------------------|
|                    |                    | 1       | 2                    | 3        | 4      | 5<br>Cinco de Mayo |
| 6                  | 7                  | 8       | 9                    | 10       | 11     | 12                 |
| 13<br>Mother's Day | 14                 | 15      | 16<br>Ramadan Starts | 17       | 18     | 19                 |
| 20                 | 21                 | 22      | 23                   | 24       | 25     | 26                 |
| 27                 | 28<br>Memorial Day | 29      | 30                   | 31       |        |                    |
|                    |                    |         |                      |          |        |                    |

Family leisure can be a starting point to meet the needs of both the parent and child.

For example, family leisure can promote emotional bonding, and add a sense of security



Monthly Goal: Select a day when everyone is free and visit a place you love for a picnic. Picnics can take place in a park, on the beach, or even in your yard. If weather is a challenge on your day, don't let that stop you. Lay a blanket in your living room and have an at-home picnic.

June

2018

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| Sunday             | Monday | Tuesday | Wednesday | Thursday              | Friday | Saturday |
|--------------------|--------|---------|-----------|-----------------------|--------|----------|
|                    |        |         |           |                       | 1      | 2        |
| 3                  | 4      | 5       | 6         | 7                     | 8      | 9        |
| 10                 | 11     | 12      | 13        | 14<br>Flag Day        | 15     | 16       |
| 17<br>Father's Day | 18     | 19      | 20        | 21<br>Summer Solstice | 22     | 23       |
| 24                 | 25     | 26      | 27        | 28                    | 29     | 30       |



Family leisure activities can be used as a resource to work on cognitive and physical functioning, while having fun!



These activities can also provide a foundation on which we build connections, memories and personal/familial growth.

**Monthly Goal:** Find a movie that everyone agrees on, or take turns selecting a movie. Then make the night special. Include healthy snacks, like popcorn, fruit, and juices to make your movie night special.

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# July

# 2018

| Sunday | Monday | Tuesday | Wednesday             | Thursday | Friday | Saturday |
|--------|--------|---------|-----------------------|----------|--------|----------|
| 1      | 2      | 3       | 4<br>Independence Day | 5        | 6      | 7        |
| 8      | 9      | 10      | 11                    | 12       | 13     | 14       |
| 15     | 16     | 17      | 18                    | 19       | 20     | 21       |
| 22     | 23     | 24      | 25                    | 26       | 27     | 28       |
| 29     | 30     | 31      |                       |          |        |          |

Many cities and libraries offer free festivals and events which are open to the public. These can be fun events to attend as a family.



Monthly Goal: Search local papers, read blogs, stop by the visitor's center, or talk with friends about what is happening in your area. Attend a family friendly event together and take a picture so you remember the day!

# August

# 2018

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| Sunday                        | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--------|---------|-----------|----------|--------|----------|
|                               |        |         | 1         | 2        | 3      | 4        |
| 5                             | 6      | 7       | 8         | 9        | 10     | 11       |
| 12                            | 13     | 14      | 15        | 16       | 17     | 18       |
| 19                            | 20     | 21      | 22        | 23       | 24     | 25       |
| 26<br>Women's<br>Equality Day | 27     | 28      | 29        | 30       | 31     |          |



The holiday season is full of lights, music and food. This is the perfect opportunity to set aside some quality time for you and your family.

Monthly Goal: Have everyone vote on their favorite family recipe and prepare a special dinner. Set the table, play music, express gratitude for the food and for the time together.

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|--------------------------------|--------------------|---------|------------------|----------|--------|----------|
|                                |                    |         |                  |          |        | 1        |
| 2                              | 3<br>Labor Day     | 4       | 5                | 6        | 7      | 8        |
| 9<br>National Grandparents Day | 10<br>Rosh Hashana | 11      | 12               | 13       | 14     | 15       |
| 16                             | 17                 | 18      | 19<br>Yom Kippur | 20       | 21     | 22       |
| 23                             | 24                 | 25      | 26               | 27       | 28     | 29       |
| 30                             |                    |         |                  |          |        |          |



In the fall, nature offers changing colors and crunchy leaves. The weather cools to temperatures that make outdoor exercise enjoyable. It is a great time to try something new or do something you like in a new way as a family.

Monthly Goal: Choose a day with particularly nice weather and take your favorite board games to a park, walk along a trail, or enjoy a family bike ride.

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|--------|-------------------|---------|-------------------------------|----------|--------|----------|
|        | 1                 | 2       | 3                             | 4        | 5      | 6        |
| 7      | 8<br>Columbus Day | 9       | 10<br>World Mental Health Day | 11       | 12     | 13       |
| 14     | 15                | 16      | 17                            | 18       | 19     | 20       |
| 21     | 22                | 23      | 24                            | 25       | 26     | 27       |
| 28     | 29                | 30      | 31<br>Halloween               |          |        |          |

*Arts and crafts can be used for fun, creativity, and self expression. As the end of the year and holidays approach, it is the perfect time to do some crafting.*



# November 2018

Monthly Goal: Craft decorations for your home or create a picture/memory book about the wonderful experiences you had this year.

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| Sunday                          | Monday | Tuesday                     | Wednesday | Thursday               | Friday             | Saturday |
|---------------------------------|--------|-----------------------------|-----------|------------------------|--------------------|----------|
|                                 |        |                             |           | 1<br>All Saints' Day   | 2                  | 3        |
| 4<br>Daylight Savings Time Ends | 5      | 6<br>Election Day<br>Diwali | 7         | 8                      | 9                  | 10       |
| 11<br>Veterans Day              | 12     | 13                          | 14        | 15                     | 16                 | 17       |
| 18                              | 19     | 20                          | 21        | 22<br>Thanksgiving Day | 23<br>Black Friday | 24       |
| 25                              | 26     | 27                          | 28        | 29                     | 30                 |          |
|                                 |        |                             |           |                        |                    |          |



Volunteering is a rewarding way to bond and teach family values while giving back to your community and making it a better place.

Monthly Goal: Find a meaningful organization and commit to volunteering with a family member. If your kids are too young to volunteer, contact agencies to ask how you might help in less conventional ways. Local organizations can help you identify activities that are right for you.

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|--------|----------------------|---------------------|----------------------|----------|-----------------------|---------------------|
|        |                      |                     |                      |          |                       | 1<br>World AIDS Day |
| 2      | 3<br>Hanukkah begins | 4                   | 5                    | 6        | 7                     | 8                   |
| 9      | 10                   | 11                  | 12                   | 13       | 14                    | 15                  |
| 16     | 17                   | 18                  | 19                   | 20       | 21<br>Winter Solstice | 22                  |
| 23     | 24<br>Christmas Eve  | 25<br>Christmas Day | 26<br>Kwanzaa begins | 27       | 28                    | 29                  |
| 30     | 31<br>New Year's Eve |                     |                      |          |                       |                     |