



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.

- *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 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.

- *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.



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.

JANUARY FAMILY LEISURE

MONTHLY FOCUS:
HOME ACTIVITIES AND GAMES

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. These types of activities encourage family bonding.

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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!

FEBRUARY FAMILY LEISURE

MONTHLY FOCUS:
MUSIC, ART, AND THEATER

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

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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13	14	15	16	17	18	19
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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!

MARCH

FAMILY LEISURE

MONTHLY FOCUS:
MAKING CHORES FUN

Invite your family to do chores with you. Set a timer and rush to clean a room in less than 5 minutes. Add music and dance while cleaning dishes. Compete for who can match the most socks or separate and fold their own clothes the fastest.

March

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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27	28	29	30	31		



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.

MONTHLY GOAL!

APRIL FAMILY LEISURE

**MONTHLY FOCUS:
SPIRITUALITY**

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.

April

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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!

MAY

FAMILY LEISURE

MONTHLY FOCUS:
PHYSICAL ACTIVITY

This month, try walking or biking to work/school this month. If you find that driving is the best option for you, incorporate games into our next ride.

Another idea could be taking a scavenger hunt walk with the whole family!

May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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29	30	31				



JUNE FAMILY LEISURE

**MONTHLY FOCUS:
EMOTIONAL BONDS**

MONTHLY GOAL!

Select a day when everyone is free. 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 when the day comes, don't let that stop you. Lay a blanket in your living room and have an at-home picnic.

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

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

June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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MONTHLY GOAL!

Find a movie that everyone agrees on, or take turns selecting a movie. Then make the movie night special. Try including healthy snacks, like popcorn, fruit, and juices! You could even set up a sheet-tent in the house and watch the movie under that!

JULY

FAMILY LEISURE

MONTHLY FOCUS:
MOVIE NIGHT

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

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

July

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Many cities and libraries offer free festivals and events which are open to the public. These events can be fun 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

FAMILY LEISURE

MONTHLY FOCUS:
FREE EVENTS

August

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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!

SEPTEMBER FAMILY LEISURE

MONTHLY FOCUS: FAMILY MEALS

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

September

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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!

OCTOBER FAMILY LEISURE

MONTHLY FOCUS:
SPENDING TIME OUTSIDE

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

October

2022

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NOVEMBER FAMILY LEISURE

**MONTHLY FOCUS:
ARTS & CRAFTS**

MONTHLY GOAL!

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

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

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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13	14	15	16	17	18	19
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DECEMBER FAMILY LEISURE

**MONTHLY FOCUS:
VOLUNTEERING**

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.

December

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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