

# Core & Balance Activities

Core Activities provide our families with the stability we need to build a strong foundation. Balance activities are the icing on the cake: those family activities that are novel, different, and add new experiences to life. Our families need a good balance of both! Sit down as a family and write down all of the Core and Balance Activities that your family is doing and wants to do. Then add them to your calendar and grow stronger together.

## Core Activities

*Characteristics: Home-based, Low Cost, Few Resources, Spontaneous, Little Planning, Play*

*Benefits: Provide Stability and Security, Explore Roles, Rejuvenate, Refresh, Play*

### Our family's CORE activities

(e.g., family dinner, shooting hoops in the backyard, etc.)



## Balance Activities

*Characteristics: Adaptation, Challenging, Negotiation, Novel*

*Benefits: Away From Home, Requires More Resources, Lasts Longer, Costs More Money, Requires More Planning, Less Frequent*

### Our family's BALANCE activities

(e.g., summer camping trip, visit to the amusement park, etc.)

