



Welcome to the Family's Play-based Well-being Membership Guide!

Thank you for joining the Family's Play-based Well-being Membership! This guide will give you everything you need to know about the platform, how to make the most of it, and some tips for best practices. We're excited to help you transform your family's well-being through fun, engaging activities that foster connection, promote health, and encourage a positive family dynamic.

What's Inside the Membership?

Our membership gives you access to over **100 play-based activities** organised into **five distinct categories**, each designed to focus on different aspects of well-being:

Quick & Easy - These activities are perfect for when you need something fun and engaging on the go! They can be completed anywhere, anytime, with minimal setup. Whether you're in the living room, at the park, or even in the car, these activities are designed for maximum fun with little to no preparation.

Play Activities - Think of these as next-level icebreakers. While traditional icebreakers can feel forced, our **Play Activities** are designed to foster fun, connection, and being fully present in the moment. These games are ideal for building bonds and encouraging communication, laughter, and trust. The focus is on having a blast and being spontaneous together as a family.

Written Activities - These are reflective, quieter activities that allow for personal thought and introspection. They complement the more active games by offering a balance of engagement and reflection. Whether you're journaling or discussing important family topics, these activities encourage mindfulness and foster emotional connection.

Exercise & Movement (Sneaky Fitness) - We absolutely love these! **Sneaky Fitness** activities are fun games that sneak in physical movement without anyone realising they're exercising. By using cards, dice, and simple games, these activities keep the focus on fun and connection, while naturally promoting physical health. You and your kids will be so engaged in the play that exercise will feel like an afterthought!

Gratitude & Giving - These are the ultimate family bonding activities that focus on reflection and sharing. Instead of traditional journaling or dry gratitude practices, our **Gratitude & Giving** activities make expressing thanks a fun and interactive experience. You'll discover new ways to connect with your family while growing together in gratitude and generosity.



How to Use the Membership

To get started with the Family's Play-based Well-being Membership, simply log into the platform and explore the wide variety of activities available. Here are some quick tips for making the most of your experience:

Start with What Feels Right - Don't feel like you have to follow a strict order. Pick an activity based on your family's current mood or needs—whether you want to move, reflect, or just have some good old-fashioned fun!

Set a Routine - While the activities are flexible, try to incorporate them into your daily or weekly routine. Whether it's a quick play session after dinner or a weekend movement challenge, regular engagement with the activities will make a big impact on well-being.

Use What You Have - Many of the activities require no special equipment—just your imagination and the family's enthusiasm. For the Sneaky Fitness Busters, you might need a simple set of dice or cards, but don't worry, we've got all the details for how to play with what you have!

Be Present - The power of these activities comes from truly engaging with one another. Put down the phone, shut off the TV, and enjoy the moments together as a family.

Health & Well-being Benefits

For the Individual

Mental Clarity and Emotional Resilience - Regular play and reflection boost mood, reduce stress, and improve mental clarity, making it easier for each family member to handle life's challenges.

Physical Health - Even the simplest movement can improve physical fitness, boost energy levels, and enhance coordination. Plus, the Sneaky Fitness Busters keep it exciting, so kids won't even realise they're exercising!

Gratitude and Positive Mindset - Practicing gratitude and giving leads to increased happiness and a sense of fulfillment. As each family member shares and reflects, they'll develop a deeper appreciation for the positive aspects of their lives.

For the Family as a Whole

Stronger Relationships - The activities foster communication, empathy, and teamwork, building stronger connections within the family.

Increased Bonding Time - By engaging in fun, meaningful activities together, you create lasting memories and deepen your emotional connection as a family.

Healthier Home Environment - The combination of movement, gratitude, and reflection creates a home where well-being is nurtured, and each person feels valued and heard.

Best Practices for Families

To get the most out of the Family's Play-based Well-being Membership, here are a few tips for best practices:

Mix and Match - Don't hesitate to try different categories throughout the week. Combine a Quick & Easy activity with an **Exercise & Movement** game, or follow up a **Gratitude & Giving** activity with a **Play Activity**.

Make It Fun and Low-Pressure - The goal is fun and connection, not perfection. The more relaxed and playful the environment, the more engaging the activities will be for everyone.

Adapt to Your Family's Needs - Not every family member will be in the same mood every day. Some days, you might want something calming and reflective, while other days, you'll want to get everyone moving. Let the mood guide you.

Create Family Rituals - 4. Perhaps after dinner, everyone gathers for a Gratitude & Giving activity, or on weekends, you make time for a Sneaky Fitness Buster challenge. Consistency will help turn these activities into meaningful family rituals.



Ready to Transform Your Family's Well-being?

With over 100+ play-based activities, the Family's Play-based Well-being Membership is designed to make health and well-being enjoyable for the entire family. Whether you're looking to boost physical fitness, increase emotional connection, or cultivate a sense of gratitude and giving, this platform has something for everyone. Start today, and experience the joy of transforming your family's well-being with play!