



# e-Tips for Families

## Practicing Self-Care

Make time to laugh.

There is certainly a lot of fear and heartbreak in the world right now, so it is important to share a laugh and enjoy some lighthearted relief whenever possible. Think about ways to create opportunities for fun with your family.

## A few tips for success:

1. Build a pillow fort in the living room.
2. Tell ghost stories.
3. Look at old scrapbooks together.
4. Roast marshmallows over the stove and plan an 'indoor' camping trip.

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