A Rēsin To Play
CREATE • CONNECT
HEAL • BELONG

30 Days of Joy

A FAMILY SOCIAL PRESCRIBING CHALLENGE

Celebrating Arts in Health Month

NOVEMBER

SAME PEOPLE
BRIGHTER DAYS
CREATIVE HEALTHIER
HAPPIER TOGETHER

Connect · Create · Move · Learn · Give · Thrive

Small moments. Big impact. Try one simple activity each day to support your family's well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Create a Gratitude Tree** Add your first thankful leaf.	2 **Nature Walk** Collect leaves and make leaf rubbings.	3 **Library Adventure** Visit your local library and pick out a new book.	4 **Bundle Up and Go Look at the Stars** Bundle up and go look at the stars.	5 **Family Music Night** Create a playlist of songs that bring you joy.	6 **Explore a New Playground** Visit a park you haven't been to before.	7 **Metroparks Adventure** Explore a Cleveland Metroparks trail or nature center.
8 **Draw Self-Portraits** Get creative and share one thing you appreciate about each person.	9 **Make Encouragement Cards** Create cards for neighbors, nursing home residents, or someone who could use a smile.	10 **Visit the Cleveland Museum of Art** General admission is always free!	11 **Thank a Veteran** Write thank-you notes to veterans.	12 **Storytelling Night** Share favorite childhood memories as a family.	13 **Family Vision Board** Use magazines or newspapers to create a vision board together.	14 **Nature Scavenger Hunt** Explore a local reservation (North Chagrin, South Chagrin, Acacia, or Euclid Creek).
15 **Kindness Challenge** Complete three acts of kindness together.	16 **Learn a Family Dance** Find a simple dance on YouTube and perform it together!	17 **Attend a Free Library Program** Check out storytime classes, or family events at CCPL.	18 **Create Joy Jars** Fill them with positive memories and affirmations.	19 **Sketch Something Beautifull** Draw or paint something you see outside your window.	20 **Family Photography Walk** Use your phone to capture "beauty in ordinary things."	21 **Community Clean-Up** Pick up litter at a neighborhood park or trail.
22 **Cook a Family Recipe** Make a favorite meal together and share the memories connected to it.	23 **Mindfulness Walk** Notice five things you can see, hear, smell, feel, and appreciate.	24 **Family Craft Night** Make ornaments, bookmarks, or painted rocks.	25 **Community Art Exploration** Visit the Cleveland Museum of Art Community Arts Center or a local art space.	26 **Thanksgiving Gratitude Circle** Everyone shares three blessings.	27 **Family Game Night** Play board games, cards, or charades together.	28 **Metroparks Photo Challenge** Take a family photo challenge on the trails.
29 **Create a December Kindness Calendar** Brainstorm acts of kindness to do together next month.	30 **Reflection Night** Share your favorite November memory and create a family time capsule.					

Healthy Families
Stronger Communities
A More Creative Tomorrow

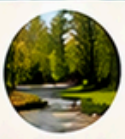
Art Belongs in Everyday Life

PEOPLE
PURPOSE
CREATIVITY
COMMUNITY
BETTER HEALTH
BRIGHTER TOMORROWS

FREE CLEVELAND FAMILY WELLNESS DESTINATIONS



Cleveland Museum of Art
Free general admission



Cleveland Metroparks
Trails, nature centers & family programs



Cuyahoga County Public Library
Family events, storytimes & workshops



MOCA Cleveland
Free admission



International Women's Air & Space Museum
Free admission

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What's your rēsin to play?

#30DaysofJoyCLE #ArtsinHealthMonth
#SocialPrescribingCLE #FamilyWellnessChallenge