



Making **LIFE** Work

Family Staycations

Rerouting

Family vacation plans derailed by unexpected events? Don't cancel those plans just yet! Reroute to a staycation—fun time close to home and less expensive than full-blown vacations. This alternative can be designed to fit almost any budget and circumstance while rejuvenating the entire family.

Grab Your Thinking Cap

Devoting time to advance planning can ensure a thoughtful staycation that your family will enjoy. It also allows you to shop judiciously and plan for activities that won't negatively affect your budget. To jump-start the planning process, consider a few probable dates and pencil them on your calendar. Next, begin brainstorming what you want to accomplish with your staycation; pack those elements into your plans and press go. The following are popular staycation destinations to potentially explore.



PARKS

If your family is healthy, visit a local park to exercise while practicing social distancing, as appropriate. During this outing, you can engage in activities such as hiking, bike riding, running, walking pets, etc. Adding exercise to your family staycation reduces depression, stress, and anxiety and helps ward off disease by strengthening the immune system. It also promotes overall health and wellness.

HANG A RIGHT AT HOME

Whether cooking out or dining in, family dinners at home are perfect for bonding. Simple or with entertainment and games, regular family dinners provide many benefits and lead to more communication among family members.

Remember to keep conversation lighthearted and reserve reprimanding and certain serious conversations for a later time to keep your staycation enjoyable. Consider unique conversation starters as special ingredients to your meal!

Explore Virtual Vacations

Traveling the globe from your own home is now a virtual reality. With 360-degree video filming technology, your family can trek across the world and capture unbelievable vacation experiences.



Check out these ideas to get started:

National Parks, USA

<https://artsandculture.google.com/search/streetview?project=national-park-service>

National Aquarium, Baltimore, Maryland

<https://www.aqua.org/>

Great Barrier Reef, Australia

<http://attenboroughsreef.com/>

The Metropolitan Opera, New York, New York

<https://www.metopera.org/>

STAY

During uncertain times, the staycation is a vehicle for staying within budgets and staying safe while staying engaged with family. Explore new avenues that can lead to enjoyable family moments and lasting memories.