



THE PATH TO PEACE THERAPY
presents

The Family Movement Toolkit

*Less screen time, more connection, and healthier
regulation, built one walk at a time, together*

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START HERE

Welcome to the Toolkit

This toolkit is built to help your family swap a little screen time for connection, and to build healthier regulation habits through the simplest medicine there is: moving, together.

The research is remarkably consistent. Movement supports executive functioning, emotional regulation, attention, mood, and stress relief, and when it happens as a family, it does something extra. It builds connection. Everything in here works regardless of age or athletic ability. You do not need to be sporty. You just need to move a little more than yesterday, and do it side by side.

The heart of it. Movement is not a reward, and it is never a punishment. It is medicine for the whole family's nervous system. When someone is melting down, shut down, or scattered, the move is not a lecture. It is a loop. Looks like we need a loop.

Inside: a Family Step Challenge, a weekly movement tracker, a monthly movement tracker, a family goal-setting worksheet, screen-time replacement ideas, an outdoor activity challenge, a family reward system, and a guide to connection through movement.

CHALLENGE 1**The Family Step Challenge**

A friendly, no-pressure way to get everyone moving more. The only rule is kindness: no shaming anyone's number, ever. The data is just information, not a grade.

How it works

- Each person notices their steps for a few days to find their normal starting point.
- As a family, set a gentle goal: a little more than last week. Progress, not perfection.
- Celebrate effort and showing up, not just the highest number.
- When the day has been still, someone calls a loop, and everyone who can, joins.

This week's step challenge

Family member	Starting point	This week's goal	Did we cheer it on?

Remember. A child who sees only 2,300 steps and decides to take a walk has just learned self-monitoring, a real executive function skill, with zero nagging from you. The watch does the noticing.

TRACKER 1**Weekly Movement Tracker**

A simple shared log for the week. Fill in what you did, who joined, and how everyone felt afterward. Notice the link between moving and mood.

Day	What we did	Who joined	Minutes	Mood after (1-5)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

TRACKER 2

Monthly Movement Tracker

Zoom out and watch the habit build over a month. Color in or check off each day the family moved together, even a little.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Wins this week
Week 1								
Week 2								
Week 3								
Week 4								

Movement days this month: _____ **How we feel as a family:** _____

WORKSHEET

Family Goal-Setting

Set this together, out loud, with everyone's voice in it. A goal the whole family chooses is a goal the whole family keeps.

Everyone picks one thing they'll bring to it:

Family member	My part in the goal

Keep it doable. One small, shared, specific goal beats five ambitious ones. A walk after dinner three nights this week is a goal. Get healthy is a wish.

GUIDE 1**Screen-Time Replacement Ideas**

You cannot win by only taking screens away. The brain is reaching for screens because they deliver fast, easy reward. The trick is to offer something that meets the same need, connection, stimulation, or a little novelty, in a healthier form. Replace, don't just remove.

Quick swaps (10 to 20 minutes)

- A loop around the block, dog included.
- Kitchen dance party while dinner finishes.
- Driveway basketball, catch, or a quick bike ride.
- A ten-minute family tidy-up sprint, set to music.

Bigger swaps (a weekend afternoon)

- A hike, a new park, or a nature scavenger hunt.
- A bike ride somewhere with a treat at the end.
- Wash the car together, water fight encouraged.
- A backyard obstacle course the kids design.

The reframe. Instead of no more screens, try let's go do this instead. A child resists what is taken away. A child joins what looks fun.

CHALLENGE 2**Outdoor Activity Challenge**

Outdoor time adds something indoor movement cannot: natural light, fresh air, and open space, all of which calm the nervous system and lift mood. This is a month of simple outdoor missions. Check them off as you go.

- Take a walk somewhere you've never walked before
- Watch a sunset or sunrise together
- Find and climb to a high point with a view
- Have a meal or snack outside
- Go for a walk in the rain on purpose
- Visit a new park or trail
- Play a game that gets everyone running
- Lie in the grass and find shapes in the clouds
- Take a barefoot walk in grass or sand
- Go stargazing after dark

Our favorite outdoor mission was: _____

SYSTEM

Family Reward System

Rewards work best when they celebrate the family showing up together, and when the reward itself builds more connection rather than more screen time. The goal is to make movement its own kind of fun, with a little extra at the milestones.

How to use it

- Decide together what counts as a movement day, and agree on it.
- Pick milestones, for example every 7 or 10 movement days as a family.
- Choose rewards that are experiences, not screens: a movie night, a special breakfast, a trip to a favorite spot, picking the weekend adventure.

Our reward ladder

Milestone	Our reward	Reached?
First milestone		
Next milestone		
Next milestone		
Big family goal		

A gentle caution. Keep the focus on togetherness, not performance. The reward is the cherry. The connection on the walk was always the real prize.

GUIDE 2

Connection Through Movement

Here is the quiet magic underneath this entire toolkit. Some of the most honest conversations you will ever have with your child happen while you are moving side by side, not sitting face to face.

There is a real reason for that. When you are walking shoulder to shoulder, the pressure of eye contact lifts. Bodies are busy, the mood is light, and a child who would clam up across a table will often open up on a trail. Movement lowers the stakes of talking. The walk was never really about the steps.

Ways to turn movement into connection

- Walk side by side and let the silence be comfortable. The talking often comes when you stop fishing for it.
- Ask open questions, not yes-or-no ones. What was the best part of today? What's something nobody knows about your week?
- Let your kids lead sometimes, their pace, their route, their topic.
- Leave the phones at home, or in pockets on silent. Presence is the point.
- Make it rhythmic and regular. The after-dinner loop becomes the place the family talks.

The deepest lesson. Your children are always watching what you do with a hard day. When they see you choose a walk over a withdrawal, fresh air over a screen, each other over isolation, they learn what healthy humans do when life gets heavy. Some lessons are taught. The deepest ones are caught.

You don't need a perfect plan. You just need to say it: looks like we need a loop.

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