

This Valentine's day show
love by reconnecting with
your family.



Cook together

Make dinner special by cooking a favourite meal or a new recipe together as a family. Add a festive touch by setting the table with decorations.



Go on a fun outing

Plan a family outing. Choose a beautiful outdoor setting that offers something fun for everyone.



Write letters

Sit down together and pen heartfelt letters to each other expressing affection and appreciation.



Plan a video call

Make the day special for the loved ones who live far away by doing a family video call. Plan ahead to send invites to your extended family.



Bond over board games

Host a family game night. Playing board games brings people closer, sparks conversations, and is also a great way to share a laugh.



Strengthens relationships and foster connections with Wellbeing on the Web.



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