

# Hygge for Parenting

## Hygge Planner

### MASTER LIST OF IDEAS

- **Cook** a long elaborate meal - pasta from scratch, dal which needs to be cooked for hours.
- Bring out the old school **board games** - Ludo, snakes & ladders, carom.
- Dust the **books** & leave them in all the rooms - books from your childhood or that quaint lil used books store win too.
- Set up a **painting corner** - paper, water colours, brushes, pencils, charcoal. Painting is for the family.
- Download your **favourite movies** - Yes its OK to watch *Love, Actually* for the 900th time
- Make a **playlist** of your favourite songs from the time you were growing up - add some *rhymes* too
- Dig out the **old photos**, black & white ones from the time your parents were kids. Print some of the latest pics too.
- **Cosy up** - invest in/ DIY a tent, hang up some fairy lights, fluff up the cushions, dust the picnic basket, order some candles.

### EAT

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### PLAY

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### ACTIVITIES

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MEMORIES WE  
MADE

MOM

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DAD

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KIDS