



## 14-Day Challenge

(November 6 to November 19)

**We promise you and your family loads of fun!**

**THE CHALLENGE** - To spend **5 minutes** of gadget-free time with our families for the next **14 days**.

**WHAT IT'S ABOUT** - Bringing back the child in us! Let our kids see our lighter side—Our playful, spontaneous, fun-loving, mischievous selves

**WHAT'S IN IT FOR US** - Building stronger and better family relationships. In times of happiness, loneliness, and emotional outbursts—we know family is where we belong!

Let's do the **fun-filled 5-minute activities together** with our families every day for the next 14 days and 'Experience the Joy of Connection'.