

Say a family prayer together (i.e.: one decade of the rosary, or other prayer as appropriate to your family's traditions)
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Practice the virtue of CHASTITY: don't be influenced by hostility, temptation or corruption
Practice the virtue of TEMPERANCE: focus on moderation
Practice the virtue of CHARITY: help someone without being asked
Practice the virtue of DILIGENCE: give everything you do today your full attention. Be fully in the moment.
Practice the virtue of PATIENCE: ask a family member about their day. Just listen...and be patient no matter how long the story goes.
Practice the virtue of HUMILITY: humility is not thinking less of yourself, it is thinking of yourself less.
Practice the virtue of KINDNESS: be a friend to someone who needs you
Open the Bible to a random page. Read one chapter and discuss as a family.
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Write a card to a family member you haven't talked to in a while.
Research a saint or other religious leader, and share your findings with your family.
Say a different prayer at dinner tonight.

Practice an Act of Mercy: reach out & comfort someone who is upset
Practice an Act of Mercy: forgive someone who hurt your feelings. Tell them they are forgiven.
Practice an Act of Mercy: pray for the living and the dead
Practice an Act of Mercy: buy extra Peanut Butter & Jelly at the store. Donate them at mass this weekend.
Practice an Act of Mercy: clean out your closet & donate the clothes
Practice an Act of Mercy: visit (or call) a sick family member or friend
Think of someone that made you happy today. Thank the person who made you happy and tell them why.
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Eat dinner by candlelight. Remember that Jesus is the Light of the World.
Spend at least one hour technology-free. Play a game with your family instead.
Does someone normally cook each night? Give this person a night off and have everyone else cook (and clean up!).
Jesus fasted for 40 days. Today, give up that extra cup of coffee or snack.
Read about the 14 Stations of the Cross...even if it's on your iPhone!
Bake some cupcakes and take them to your neighbors. (Mark 12:31)
Look at the ministries available at your church. Is there one you can become involved in?
Say a prayer for someone who makes you angry (Matthew 5:44)
Thank your parents/guardians for the job they did in raising YOU (Eph.6:1-3)
Go for a walk together as a family after dinner (or before!).
Talk about one thing Jesus did and how you can do something like Him.