

Best Birthday Party Activities for All Ages

Throwing a birthday party can be stressful when unprepared. If you are in need of activities for a large group of all ages, here are some of the best:

- **Spoons**

Everyone loves this classic! All you need is a deck of cards and a set of spoons (use one less spoon than the amount of people playing). A dealer keeps the deck of cards next to them and passes one card at a time. You can either keep the card in your own hand or pass it to the next person. The object is to get four of a kind. Once you do, grab a spoon! If you don't have four of a kind but see a spoon missing, then grab one of the remaining spoons. The person without a spoon is out!

- **Thumper**

For this activity, everyone must sit or stand in a circle. Each person will choose a motion that is their "signal". This could be a peace sign, a wave, or any hand motion. All signals must be different. Once the group has memorized the motions, the game can begin. Start by clapping or stomping in a steady rhythm (like Thumper). Pick one person to start. They will show their signal, followed by another player's signal. That person will then do their signal, followed by someone else. The trip here is no one can pass back. When someone messes up or forgets, they are out!

- **Mr. Freeze**

If your group prefers a more active game then Mr. Freeze is perfect for you! This should be done outside or in a space with a lot of room. The group will pick one person to be Mr. Freeze. Then everyone will move or dance around. You can do

this with or without music. Once Mr. Freeze freezes, everyone else must stop.
The last person to freeze is out.

There are many more birthday activities that are great for groups of all ages. If you wish to find additional games you can explore more [here](#).

Ways To Be More Productive in the Morning

Following routines can be hard yet helpful. Let's break down some of the best routines we should be following in the morning.

How To Start Your Morning

Prepare the Night Before

A good morning routine starts the night before. Make sure you start by getting a good night's rest. You can also prepare for the following day by having an outfit picked, your lunch packed, and your to-do list ready.

Don't Look at Your Phone

When you wake up (whether naturally or to your alarm) try to start by getting out of bed without looking at your phone. Then you can follow your other steps whether that be a shower, a beauty routine, or a morning coffee.

Get Active and Hydrate

A morning workout might not fit in everyone's schedule, but moving first thing in the morning is great for the mind and body. It helps to wake us up and feel more productive

for the day. Make sure you are hydrating throughout the day, and especially if you are working out to start your morning.

Mornings can be stressful and exhausting at times. Taking steps to improve your morning can help your productivity throughout the day. Try adding these simple changes to your morning routine and see how you feel for yourself!

Korean Skin Care Steps You Should Follow

People are always looking for the newest and best beauty products to keep them looking younger. Korean beauty regimes are all the rave and here are some steps you might want to add to your skin care routine.

Step 1: Remove and Cleanse

As with any skin care routine, taking off your makeup should come first. Once fully clean, wash your face with an oil cleanser.

Step 2: Double Cleanse

For the next step, you will cleanse again, but this time you will use a foam cleanser.

Step 3: Tone

After cleansing, you need to apply a toner. Find a toner that fits your skin type and needs.

Step 4: Add Vitamin C

Vitamin C products help to brighten those dark spots. You can find liquid and powder forms, while also taking it in capsule form.

Step 5: Essence

Apply an essence next. These contain concentrated active ingredients that revitalize and brighten.

Step 6: Serum

It is important when choosing a serum to find what your skin needs (are you dry or oily, have dark spots or wrinkles). Knowing what you are looking for specifically is important here.

Step 7: Face Mask

For a face mask you can use a sheet mask or a penetrative mask that can be left on overnight.

Step 8: Eye Cream

Add a touch of a hydrating eye cream to your eye area and we are almost to the end!

Step 9: Moisturize

Debatably the most important step, add that moisturizer. You can use a light weight one during the day and a heavier one at night.

Step 10: SPF

Make sure you are protecting your skin from sun damage during the daytime with an SPF.

That's a Wrap!

Well there it is. We have concluded our Korean skin care regime. If you are wanting to try something new to get that glowy and healthy looking skin, then give this a try.

RealSimple.com

Atlassian.com

WomensHealthMag.com