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Daily Activities for Family Time Together

by Herbert G. Lingren, Extension Family Scientist

There are many activities a family can do together that will promote family bonding and having fun. Time doing positive things together creates family unity and loyalty, builds self-esteem, and provides family resiliency when a crisis occurs. The following list is a guideline for activities that families might do together on a daily basis. By doing these and other favorite activities daily, the family not only will have fun together, but will broaden its knowledge and perspectives as well. (If you can't visit the Nebraska sites listed here, order information from the <http://www.visitnebraska.org>, Nebraska Tourism Office about other events which may be closer to home and visit them together).

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| Play a card game | Father's Day: Why Dad is special |
| Refinish a family heirloom | Have a picnic and wiener roast |
| Visit the state capitol | Sing around a campfire |
| Play volleyball | Hold a tornado drill |
| Pick up trash along a road | Talk about alcohol abuse |
| Go to a play | Make and fly a homemade kite |
| Talk about good health | Do finger or sponge painting |
| Rake the leaves | Have a family story hour |
| Have a family reunion | Get out old yearbooks and share experiences |
| Watch a sunrise | Paint a room in your house |
| Make homemade ice cream | Play checkers, chess, or backgammon |
| Hug one another | Attend a Hanukkah celebration |
| Plan and take a family vacation | Have a piñata party |
| Watch the evening news and discuss | Visit an art museum |
| Build a snow family | Visit grandparents |
| Go ice skating | Veterans Day: Talk about WWI |
| Go downhill skiing | Memorial Day: Attend a ceremony at cemetery where relatives are buried |
| Clean out the garage | Create a family history slide or video presentation |
| Make a Valentine's day card for each family member | Go to a band concert |
| Tour city or county government | Visit the Mari Sandoz Museum near Gordon |
| Visit the Agate Fossil Beds National Monument near Mitchell | Visit a natural history museum |
| Work on a family scrapbook | Make a booklet of favorite jokes |
| Take a walk | Visit a senior citizens center |
| Watch a National Geographic TV show | Help with meals-on-wheels |
| Compliment each family member | Invite international students to celebrate holidays with you |
| Wash the car | Serve a holiday meal to the homeless |
| Visit a historical museum | Visit a fire station |
| Go camping together | Work in the garden |
| Visit a nursing home | Visit friend/relative you haven't seen in a long time |
| Start a family genealogy | Discuss challenges of being a teenager |
| Go to the Star City Parade in Lincoln | Drive by Johnny Carson's home in Norfolk |
| Visit an airport | See William Jennings Bryan's home in Lincoln |
| Talk about gun safety | Talk about what makes your family close |
| Look through family picture albums | Go sledding |
| Bake some nutritious snacks | Listen to Prairie Home Companion on National Public Radio |
| Go to the library | Go for a train ride |
| Tour a train station | Wash the windows in your house |
| Discuss the effects of drug use | Discuss good physical and mental health |
| Take a bike trip | Discuss growing old and old age |
| Go to an auto race | Discuss favorite family books |
| Have a rummage/garage sale | Go on a stagecoach ride |
| Watch the moon come up | Make homemade candy |
| Have a fire drill | Spend a day at a beach |
| Visit the Arbor Lodge and Park in Nebraska City | Learn how to carve soap |
| Take a riverboat cruise | Learn about proper pet care |
| Visit the Bess Streeter Aldrich museum in Elmwood | Participate in a community celebration |
| President's Day: Talk about past and current presidents | Attend a country western concert |
| Visit President Gerald Ford's birthplace | |

Attend a baseball game
 Talk about death and dying
 Put a 1,000 piece puzzle together
 Visit a local July 4th celebration
 Have a family sing-a-long
 Discuss effects of alcohol on body
 Go on a rafting trip
 Have a neighborhood picnic
 Write a family history
 Watch a sunset
 Make popcorn balls
 Learn about Native Americans
 Go swimming
 Visit a hospital
 Play croquet
 Visit Father Flannigan's Boys Town in Omaha
 Listen to classical music
 Lincoln's birthday: Discuss the Civil War
 Set three-year family goals
 Visit Carhenge in Alliance
 Visit a farm/ranch and watch baby animals being born
 Visit your child's school
 Go to a movie
 Go fishing together as a family
 Visit a horticultural greenhouse
 Visit the University of Nebraska State Museum
 See Fort Kearney
 Pick some wildflowers
 Make homemade pizza
 Talk about family values
 Visit a wildlife refuge
 Visit the Strategic Air Command Museum
 Read a book together
 Play Bingo
 Do a community service project
 Start a family exercise program
 Discuss pregnancy
 Play badminton
 Visit a dairy farm
 Visit Buffalo Bill's ranch in North Platte
 Read newspaper for day on which each family member was born
 Visit a college campus
 Visit a police station
 Discuss how smoking affects the body
 Go to an Asian, Hispanic, Native American, or Afro-American festival
 Go to a zoo
 Go to the IMAX Theater in Hastings
 See the Great Plains Black History Museum in Omaha
 Visit the Pioneer Village in Minden
 Go to the Henry Doorly Zoo and Lied Jungle in Omaha
 Attend a local basketball game
 Watch the Sandhill cranes
 Visit John Neihardt Center in Bancroft
 Go out for dinner at a new restaurant
 Talk about daily current events
 Invite friends over for breakfast
 Visit Lincoln's Children's Museum
 Visit Prairie Peace Park on I-80 by Pleasant Dale exchange
 Visit Scottsbluff National Monument
 Listen to rock and roll music
 Martin Luther King's Birthday: Learn about Black history
 Make your own Christmas cards
 Go grocery shopping as a family
 Learn to dance and go dancing together
 Talk about love and sex
 Visit the Stuhr Museum of the Prairie Pioneer in Grand Island
 Visit Willa Cather home in Red Cloud
 Go roller skating
 Become more involved in church activities
 Go to family camp
 Watch a lightning storm
 Write letters to grandparents
 Have a neighborhood party for children
 Columbus Day: Learn about different explorers
 Make collection of fall leaves, grasses, and flowers

Go to a county fair
 Play charades
 Learn about snowflakes
 Discover pre-historic past at Ashfall Fossil beds near Royal
 Share feelings of anger, happiness, fear, sadness, joy, frustration, concern
 Learn about Moslem religion
 Listen to Afro-American music
 Talk about harmful effects of drug use
 Give a compliment a day for one week
 Attend a Native American Dance festival
 Take a foreign language class
 Have a family campout in back yard
 Attend Nebraskaland Days in North Platte
 Build a tree house
 Feed the birds
 Visit a solid waste plant
 Call a relative/friend that lives far away
 Study geology and rock formations
 Look for meteors and "shooting stars"
 Discuss the phases of the moon
 Go bird watching
 Go to a city/town council meeting
 Discuss taking care of teeth and good dental practices
 Try archery
 Have a water fight
 Tell each family member why they are special
 Paint or draw a picture
 Discuss the anatomy of the body
 Plant indoor plants
 Watch full moon come up
 Browse through an antique store
 Discuss family income and expenditures
 Establish a special family ritual
 Go jogging or walking
 Visit each family member's work site
 Have an indoor scavenger hunt
 Work crossword puzzles
 Have a story time
 Have a bonfire and make s'mores
 Walk along the Oregon trail
 Visit Toadstool Park near Crawford
 Have a family talent show
 Read your favorite story
 Learn about Hispanic art and music
 Attend the Danish Festival in Blair
 Watch a Discovery Channel program and discuss
 Learn about Buddhism
 Explore the Mormon Trail
 Go tobogganing
 Cook a gourmet dinner
 Have a health checkup
 Gather clothes and toys for needy and homeless
 Play volleyball
 Listen to each person's favorite radio program and discuss
 Play Frisbee
 Do a family project to help someone in need
 Discuss effects of violence on family
 Share what you want to be doing ten years from now
 Visit Grandpa/Grandma
 Go to religious services
 Invite ethnic family to dinner
 Visit Asian cultural center
 Christmas: Start a special family tradition
 New Years: Write family strengthening resolutions
 Have indoor picnic with each member preparing favorite dish
 Go cross-country skiing
 Play soccer
 Go to an amusement park
 Drive around and look at Christmas lights
 Watch a funny movie
 Discuss dating behaviors
 Attend a wedding
 Attend a funeral
 Visit a family member in a nursing home

Make cookies	Take an arts or crafts class
Thanksgiving: Give special thanks for each family member	Visit local Extension office
Visit shut-ins	Surf the Internet together
Watch fireworks	Send e-mail message to someone you love
Have a family talent show	Make a family time capsule
Plant new flowers together	Host a summer LABO (Japanese youth exchange through 4-H) student
Mother's Day: Treat Mom in a special way	Adopt a grandparent
Videotape a family picnic	Write an annual family newsletter
Each family member fix a meal	Go tubing in the water or snow
Read the Bible together	Build your family tree
Build a birdfeeder	Tell ghost stories
Play a board game	Play flashlight tag
Play a video game	Make a map of the neighborhood
Clean the house together	Make a pots and pans band
Tell stories about ancestors	Blow bubbles
Go swimming	Make paper airplanes
Have a weekly family meeting	Plan an imaginary trip
Mom and Dad go out on a date	Have a campout in the house
Go to the races	Visit a fruit orchard
Visit a fish hatchery	Make a puppet show
Visit the Czech Festival in Wilber	Attend a health fair
Attend a rodeo	Develop a family shield
Watch Nebraska Public Television and discuss program	Play flag football
Go to an auction	Wash and wax the car
Discuss the nutrition pyramid	Play basketball
Go boating/water skiing	Listen to music
Watch a sunset	Design a family flag
Attend the Swedish Festival in Oakland or Stromsburg	Eat one meal a day together
Visit a planetarium	Have a family secret pal and send notes of encouragement
Pick apples in an orchard	Cut out favorite family cartoons
Halloween: Make jack-o-lanterns	Ride bicycles together
Play softball together	Collect insects
Sing Christmas carols around the piano	Build a model plane or boat
Visit Chimney Rock near Bayard	Paint the garage
Participate in Chinese New Year	Fly a kite
Have an ethnic meal once a month	Play "hug tag"
Visit Fort Robinson where Crazy Horse was killed	Become a 4-H family
Take a canoe trip down the Niobrara or Dismal River	Talk about "why our family is the best"
Discuss marriage	Start a family holiday
Learn about Great Plains history	Have a family get-together in a hot tub
Milk a cow	Play on the slide
Attend the Nebraska State Fair	Serve breakfast in bed
Read the newspaper together	Visit Jailhouse Rock near Bridgeport
Go horseback riding	
Hike together in a state park	**Do some activities of your own

File NF320 under: FAMILY LIFE

F-10, Relationships

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