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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).

- Play a card game
- Refinish a family heirloom
- Visit the state capitol
- Play volleyball
- Pick up trash along a road
- Go to a play
- Talk about good health
- Rake the leaves
- Have a family reunion
- Watch a sunrise
- Make homemade ice cream
- Hug one another
- Plan and take a family vacation
- Watch the evening news and discuss
- Build a snow family
- Go ice skating
- Go downhill skiing
- Clean out the garage
- Make a Valentine's day card for each family member
- Tour city or county government
- Visit the Agate Fossil Beds National Monument near Mitchell
- Work on a family scrapbook
- Take a walk
- Watch a National Geographic TV show
- Compliment each family member
- Wash the car
- Visit a historical museum
- Go camping together
- Visit a nursing home
- Start a family genealogy
- Go to the Star City Parade in Lincoln
- Visit an airport
- Talk about gun safety
- Look through family picture albums
- Bake some nutritious snacks
- Go to the library
- Tour a train station
- Discuss the effects of drug use
- Take a bike trip
- Go to an auto race
- Have a rummage/garage sale
- Watch the moon come up
- Have a fire drill
- Visit the Arbor Lodge and Park in Nebraska City
- Take a riverboat cruise
- Visit the Bess Streeter Aldrich museum in Elmwood
- President's Day: Talk about past and current presidents
- Visit President Gerald Ford's birthplace
- Father's Day: Why Dad is special
- Have a picnic and wiener roast
- Sing around a campfire
- Hold a tornado drill
- Talk about alcohol abuse
- Make and fly a homemade kite
- Do finger or sponge painting
- Have a family story hour
- Get out old yearbooks and share experiences
- Paint a room in your house
- Play checkers, chess, or backgammon
- Attend a Hanukkah celebration
- Have a piñata party
- Visit an art museum
- Visit grandparents
- Veterans Day: Talk about WWI
- Memorial Day: Attend a ceremony at cemetery where relatives are buried
- Create a family history slide or video presentation
- Go to a band concert
- Visit the Mari Sandoz Museum near Gordon
- Visit a natural history museum
- Make a booklet of favorite jokes
- Visit a senior citizens center
- Help with meals-on-wheels
- Invite international students to celebrate holidays with you
- Serve a holiday meal to the homeless
- Visit a fire station
- Work in the garden
- Visit friend/relative you haven't seen in a long time
- Discuss challenges of being a teenager
- Drive by Johnny Carson's home in Norfolk
- See William Jennings Bryan's home in Lincoln
- Talk about what makes your family close
- Go sledding
- Listen to Prairie Home Companion on National Public Radio
- Go for a train ride
- Wash the windows in your house
- Discuss good physical and mental health
- Discuss growing old and old age
- Discuss favorite family books
- Go on a stagecoach ride
- Make homemade candy
- Spend a day at a beach
- Learn how to carve soap
- Learn about proper pet care
- Participate in a community celebration
- Attend a country western concert
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 Flanagan'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
Tell each family member why they are special
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
Attend a funeral
Make cookies
Thanksgiving: Give special thanks for each family member
Visit shut-ins
Watch fireworks
Have a family talent show
Mother's Day: Treat Mom in a special way
Videotape a family picnic
Each family member fix a meal
Read the Bible together
Build a birdfeeder
Play a board game
Play a video game
Clean the house together
Tell stories about ancestors
Go swimming
Have a weekly family meeting
Mom and Dad go out on a date
Go to the races
Visit a fish hatchery
Visit the Czech Festival in Wilber
Attend a rodeo
Watch Nebraska Public Television and discuss program
Go to an auction
Discuss the nutrition pyramid
Go boating/water skiing
Watch a sunset
Attend the Swedish Festival in Oakland or Stromsburg
Visit a planetarium
Pick apples in an orchard
Halloween: Make jack-o-lanterns
Play softball together
Sing Christmas carols around the piano
Visit Chimney Rock near Bayard
Participate in Chinese New Year
Have an ethnic meal once a month
Visit Fort Robinson where Crazy Horse was killed
Take a canoe trip down the Niobrara or Dismal River
Discuss marriage
Learn about Great Plains history
Milk a cow
Attend the Nebraska State Fair
Read the newspaper together
Go horseback riding
Hike together in a state park

Take an arts or crafts class
Visit local Extension office
Surf the Internet together
Send e-mail message to someone you love
Make a family time capsule
Host a summer LABO (Japanese youth exchange through 4-H) student
Adopt a grandparent
Write an annual family newsletter
Go tubing in the water or snow
Build your family tree
Tell ghost stories
Play flashlight tag
Make a map of the neighborhood
Make a pots and pans band
Blow bubbles
Make paper airplanes
Plan an imaginary trip
Have a campout in the house
Visit a fruit orchard
Make a puppet show
Attend a health fair
Develop a family shield
Play flag football
Wash and wax the car
Play basketball
Listen to music
Design a family flag
Eat one meal a day together
Have a family secret pal and send notes of encouragement
Cut out favorite family cartoons
Ride bicycles together
Collect insects
Build a model plane or boat
Paint the garage
Fly a kite
Play "hug tag"
Become a 4-H family
"Talk about "why our family is the best"
Start a family holiday
Have a family get-together in a hot tub
Play on the slide
Serve breakfast in bed
Visit Jailhouse Rock near Bridgeport

**Do some activities of your own