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Fun Family Time Together

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Listed here are over 100 activities that families can do together to help strengthen their relationships and create unity and loyalty among all family members.

"One criterion for family fun is to make time to be together."

Family bonding creates unity and loyalty when families spend time doing things together. The closeness that develops helps family members cope with problems in a healthy manner that builds a sense of trust, security, and safety. Time spent together helps build a strong family who can then weather good times and difficult times together, including a crisis. When times get tough, strong families see a way out of the situation because they can depend on each other and will access outside resources when necessary. They have a sense of belonging and joy, including a sense of hope, within their family and home. When one family member is hurting, they care about that person and offer support, love, and advice. Strong families don't feel threatened to welcome new partners, spouses, and children into the family, but rather see the extension of the family as a blessing. As families grow, their activities change but the fun times continue.

The interests, needs, skills, and developmental level of each member, along with finances will make a difference in what fun activities are chosen. Although parents are the family leaders, each family member should have an opportunity to choose what to do at certain times. Families can do many fun things together that don't cost much money. Think about what you could do.

One criterion for family fun is to make time to be together. Work and other obligations can sometimes wait. Family time must be prioritized at certain times each day, throughout the week and year. Families may get caught up in being too busy. But time together is important to nurture the family, just as if it were a garden needing care and water. Time together provides opportunities to discuss important issues and teach values. Family rules provide boundaries for talking to each other with mutual love and respect. The following is a list of activities you can do together to learn more about each other and have fun. What other things can you do together?

Play a card game
Go to the park
Go to the lake in the winter to feed the ducks
Visit a historic site
Take a walk
Hike the bluffs
Have a picnic in the park
Research and write family history
Write letters to a friend
Learn a new hobby
Cook a meal together
Attend a family reunion
Go swimming
Go to a movie
Go to the library
Read a book together (one person will read out loud)
Have a one-day field trip
Have a picnic on the living room floor
Play board games
Play with play dough
Bake cookies or bread
Make a home safety plan
Sing in the car
Discuss the effects of violence on families
Plant some seeds and watch them grow
Fly a kite
Mend a fence
Talk about love and sexuality
Dance to fast music
Have a exercise workout
Play in the yard
Learn a foreign language
Join a club
Learn a skill with your hands
Clean the house
Attend each other's celebrations
Plant some flowers in the yard
Eat a new food
Listen to thunder and lightening (in safety)
Talk to your grandparents
Celebrate the various seasons
Talk about current events
Talk about different moods
Teach each other something
Share about major events in your lives
Eat a meal together every day

Talk about each other's hobbies
Watch the sunrise or sunset
Sit still and listen to the birds
Talk about why you love each other
Go on a nature hike
Study wild flowers and grasses
Rent a family movie
Sing songs in the car
Walk in the rain
Look for rainbows
Help paint a garage
Play in the yard
Give something to a family in need
Celebrate the holidays together
Make cards together
Catalog family photos
Have a race
Visit the hospital or nursing home
Talk about your future
Look at the moon and stars
Have a barbecue
Learn a musical instrument
Invite some friends over
Share feelings of joy, happiness, fear and anger
Listen to different types of music
Go to a museum
Talk about what hurts your feelings
Go to a zoo
Dance in the rain
Play frisbee
Study various cultures
Celebrate your spiritual beliefs
Count your blessings
Go to a concert
Chase lightening bugs
Send a card to someone to show you care
Sweep or shovel your neighbors sidewalk
Talk about being responsible for own behavior
Discuss drugs
Talk about things you don't like
Talk about your job or the job you want to have
Blow bubbles
Make a family scrapbook
Start a family holiday tradition
Go to a concert
Talk about what you want to do when you grow up
Make sure each member eats breakfast
Invite a friend over to play a game
Get acquainted with the neighbors
Learn about your great grandparents
If known, visit the place where you were born
Go to an auction
Go to a garage sale
Read the newspaper
Have a weekly family meeting (with rules)
Treat each member on a certain day
Take turns doing the dishes
Videotape the family one day
Watch fireworks
Have a home safety drill
Plan a trip together
Get away from home for overnight
Carve pumpkins
Sing around the piano
Play ball
Dance in the living room
Have a picnic in February
Give each other backrubs
Give something to the homeless or shelters
Talk about health and sickness
Go to a county fair
Watch a basketball or baseball game
Forgive each other and talk about problems
Count the trains or trucks that pass you
Draw a picture of your family
Take a photo of your family
Share your values with each other
Do something thoughtful to one family member
Tell each other what you need and want
Make a family badge
Find something to celebrate each family member for
Ride bikes together
Talk about aging and death
Cut out cookies and decorate
Visit a fruit orchard
Pick edible wild berries or fruit
Build a family tree
Make a scrapbook for each family member
Go camping

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