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## G05-1589 Fun Family Time Together

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## Fun Family Time Together

Kathy Bosch, Extension Family Life Education Specialist

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 an 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 lightning (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 lightning 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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### Index: Family Life, Relationships

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