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Nebraska Cooperative Extension NF97-320



# NebFact



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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  | 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	Go to a county fair
Talk about death and dying	Play charades
Put a 1,000 piece puzzle together	Learn about snowflakes
Visit a local July 4th celebration	Discover pre-historic past at Ashfall Fossil beds near Royal
Have a family sing-a-long	Share feelings of anger, happiness, fear, sadness, joy, frustration, concern
Discuss effects of alcohol on body	Learn about Moslem religion
Go on a rafting trip	Listen to Afro-American music
Have a neighborhood picnic	Talk about harmful effects of drug use
Write a family history	Give a compliment a day for one week
Watch a sunset	Attend a Native American Dance festival
Make popcorn balls	Take a foreign language class
Learn about Native Americans	Have a family campout in back yard
Go swimming	Attend Nebraskaland Days in North Platte
Visit a hospital	Build a tree house
Play croquet	Feed the birds
Visit Father Flannigan's Boys Town in Omaha	Visit a solid waste plant
Listen to classical music	Call a relative/friend that lives far away
Lincoln's birthday: Discuss the Civil War	Study geology and rock formations
Set three-year family goals	Look for meteors and "shooting stars"
Visit Carhenge in Alliance	Discuss the phases of the moon
Visit a farm/ranch and watch baby animals being born	Go bird watching
Visit your child's school	Go to a city/town council meeting
Go to a movie	Discuss taking care of teeth and good dental practices
Go fishing together as a family	Try archery
Visit a horticultural greenhouse	Have a water fight
Visit the University of Nebraska State Museum	Tell each family member why they are special
See Fort Kearney	Paint or draw a picture
Pick some wildflowers	Discuss the anatomy of the body
Make homemade pizza	Plant indoor plants
Talk about family values	Watch full moon come up
Visit a wildlife refuge	Browse through an antique store
Visit the Strategic Air Command Museum	Discuss family income and expenditures
Read a book together	Establish a special family ritual
Play Bingo	Go jogging or walking
Do a community service project	Visit each family member's work site
Start a family exercise program	Have an indoor scavenger hunt
Discuss pregnancy	Work crossword puzzles
Play badminton	Have a story time
Visit a dairy farm	Have a bonfire and make s'mores
Visit Buffalo Bill's ranch in North Platte	Walk along the Oregon trail
Read newspaper for day on which each family member was born	Visit Toadstool Park near Crawford
Visit a college campus	Have a family talent show
Visit a police station	Read your favorite story
Discuss how smoking affects the body	Learn about Hispanic art and music
Go to an Asian, Hispanic, Native American, or Afro-American festival	Attend the Danish Festival in Blair
Go to a zoo	Watch a Discovery Channel program and discuss
Go to the IMAX Theater in Hastings	Learn about Buddhism
See the Great Plains Black History Museum in Omaha	Explore the Mormon Trail
Visit the Pioneer Village in Minden	Go tobogganing
Go to the Henry Doorly Zoo and Lied Jungle in Omaha	Cook a gourmet dinner
Attend a local basketball game	Have a health checkup
Watch the Sandhill cranes	Gather clothes and toys for needy and homeless
Visit John Neihardt Center in Bancroft	Play volleyball
Go out for dinner at a new restaurant	Listen to each person's favorite radio program and discuss
Talk about daily current events	Play Frisbee
Invite friends over for breakfast	Do a family project to help someone in need
Visit Lincoln's Children's Museum	Discuss effects of violence on family
Visit Prairie Peace Park on I-80 by Pleasant Dale exchange	Share what you want to be doing ten years from now
Visit Scottsbluff National Monument	Visit Grandpa/Grandma
Listen to rock and roll music	Go to religious services
Martin Luther King's Birthday: Learn about Black history	Invite ethnic family to dinner
Make your own Christmas cards	Visit Asian cultural center
Go grocery shopping as a family	Christmas: Start a special family tradition
Learn to dance and go dancing together	New Years: Write family strengthening resolutions
Talk about love and sex	Have indoor picnic with each member preparing favorite dish
Visit the Stuhr Museum of the Prairie Pioneer in Grand Island	Go cross-country skiing
Visit Willa Cather home in Red Cloud	Play soccer
Go roller skating	Go to an amusement park
Become more involved in church activities	Drive around and look at Christmas lights
Go to family camp	Watch a funny movie
Watch a lightning storm	Discuss dating behaviors
Write letters to grandparents	Attend a wedding
Have a neighborhood party for children	Attend a funeral
Columbus Day: Learn about different explorers	Visit a family member in a nursing home
Make collection of fall leaves, grasses, and flowers	

Make cookies  
 Thanksgiving: Give special thanks for each family member  
 Visit shut-ins  
 Watch fireworks  
 Have a family talent show  
 Plant new flowers together  
 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**

***File NF320 under: FAMILY LIFE***

***F-10, Relationships***

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