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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 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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