

SESSION 1: SUPPLEMENTARY MATERIALS

Family Activity Ideas

Family fun can occur in a variety of ways and does not need to cost a lot of money. The key is to spend time together in a positive way. Families find ideas such as the ones detailed below helpful in increasing family bonding and involving children in the family.

FAMILY PHOTOS AND STORIES

Bring favorite family photos to a family meeting—from your phones or elsewhere. Children love to see baby pictures of themselves and hear stories of things they liked, said, or did as young children.

TAKE A WALK

Getting outside can be a great stress reliever as well as a fun way to get together to talk and enjoy the scenery. You can take a walk around your neighborhood, or make your way to a local park or hiking trail.

THE PROUD GAME

Ask each family member to share one thing they have done in the recent past that they are proud of. This might be a new skill learned, a new personal athletic record, a school assignment or personal project, or a favor done for someone.

VOLUNTEER

Volunteering together as a family strengthens family bonds and demonstrates the importance of giving back to the community. This is a great way to spend time together in a meaningful way. Some volunteer opportunities to do as a family might include serving meals at a local shelter or soup kitchen, participating in a charity walk, or offering to help elderly neighbors with garden or house chores.

PARENTS AND GRANDPARENTS AS CHILDREN

Children are often very interested in what their parents or grandparents were like as children. Photos and stories from their family members' childhood are entertaining and help children to feel close to their families. Older family members can share stories of favorite teachers, humorous family incidents, first dates, siblings, or family trips.