



# SUGGESTIONS FOR FAMILY ACTIVITIES

A Creative Guide to Spending Quality Family Time at Home



## ENJOY YOUR TIME TOGETHER

- PLAY CHARADES
- CREATE A SCRAPBOOK
- PICK A FAMILY MOVIE TO WATCH TOGETHER
- CREATE PLAYLISTS FOR EVERY TYPE OF MOOD



## FIND TOPICS YOU'RE INTERESTED IN AND IMMERSE YOURSELF

- PLAN AND COOK A MEAL TOGETHER
- CREATE A FAMILY RECIPE BOOK
- WRITE A COLLABORATIVE STORY



## TAKE TIME TO RELAX

- HAVE A TALENT SHOW NIGHT
- PLAY BOARD GAMES
- WORK ON ARTS AND CRAFTS PROJECTS (THERE ARE MILLIONS OF IDEAS ONLINE)
- TREAT YOURSELF TO A HOME SPA NIGHT



## DEDICATE TIME TO EACH OTHER

- CREATE A FIRST AID KIT
- CREATE A FAMILY HANDSHAKE
- DO QUICK AND SIMPLE WORKOUTS
- ARRANGE AN INDOOR PICNIC



## LEARN NEW THINGS

- MAKE A PLAN FOR FUTURE ACTIVITIES
- PUT TOGETHER A PUZZLE
- MAKE A FAMILY VIDEO
- HAVE A DANCE PARTY FOR TWO