



Family Activity Sheet

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| <input type="checkbox"/> Encouraging Notes | Have each family member write a note to one another today saying what they love about each other. Place the notes in areas where the recipients will be sure to find them. |
| <input type="checkbox"/> Family Slumber Party! | Have your children grab the mattresses off their beds and have a huge family slumber party! Eat junk food and have fun together as a family! |
| <input type="checkbox"/> Family History Tour | Give your children the tour of your life. Show them where you grew up, went to high school, etc. If it's not local, see if you can find everything on Google Earth! |
| <input type="checkbox"/> Playground Hop! | Choose a day where you map out all the local parks in your area. Hop from park to park, staying and playing at each one for 15-20 minutes before you move on to the next one. |
| <input type="checkbox"/> Build Something Together! | Go to your local home improvement store and look for free building workshops and classes to do with your children on the weekends. Start this week! |
| <input type="checkbox"/> Family Mystery-item Dinner! | Have your children be a part of family dinner planning! Go to the grocery store and have your children pick out a food item of their choice. Build the meal around that item and prepare the meal together when you get home. |
| <input type="checkbox"/> High/Low Game | Play the high/low game at the dinner table tonight. Ask each of your children what the high point of their day was and what the low point of their day was. Be sure to both celebrate the highs together and work on how to handle or avoid the low points next time. |
| <input type="checkbox"/> Family Dance Party | Family dance party! Create your own signature family dance move, learn how to ballroom dance, cha-cha, or just turn up the music loud and freestyle! |
| <input type="checkbox"/> Quirky Quote Book | On your next family vacation, keep a list of all the funny things that you did and were said on your time away. When you get back home, read over what you wrote down and laugh at all the fun memories! |
| <input type="checkbox"/> Facebook Achievement Day | Choose a day this week to share your children's achievements on Facebook. Read back to your children all the positive comments people reply to your status or post to your wall about them. |
| <input type="checkbox"/> Theme Song Just For You | Choose a theme song for each member of your family that best reflects who they are. |
| <input type="checkbox"/> Your Own Family Holiday | Create a family holiday that is just yours. Celebrate the day you got engaged, the day you found out you were pregnant, anything special that is not a traditional holiday. |
| <input type="checkbox"/> Lunch Notes | Place an encouraging note in your children's lunch today. |
| <input type="checkbox"/> Family Camp-In | Have a camp-in inside your home. Grab a tent and sleeping bags and have some fun camping-in! Switch things up even more and eat dessert before dinner! |
| <input type="checkbox"/> Tent Day! | This activity is best for younger children. Use your furniture and as many blankets as you can find to create tents and mazes for your children. Get on the floor and play with them! |
| <input type="checkbox"/> Drive-Thru Night | Go to different drive-thru windows and get your family's favorite things for each course. Choose one drive-thru for the meal, one for the drink, and one for the dessert. |
| <input type="checkbox"/> Themed Dinner Night | Try something new! Have a themed dinner night around a cuisine from a different country or use an old family recipe. |
| <input type="checkbox"/> Facebook Family | Create a Facebook group just for your family. Post pictures and updates so your family can stay connected while apart. |
| <input type="checkbox"/> Family Blog | Create a family newsletter or blog! Assign writers, editors, and have fun telling others what's going on in your family's lives! |