

FUN FAMILY ACTIVITIES

“Life is a journey that twists and turns, offering lots of experiences for us to learn. So use your heart as a compass and set out on your way, because there is no better time to start than today.” – SANDRA MAGSAMEN

So often the most meaningful moments in our lives are those we share with our families. Treasured memories are created by celebrating, sharing and embracing the moments of life with the people we love.

Below are ideas of ways to create moments with your family that infuse heart, creativity and love into your everyday actions and experiences.

❖ VISIT A LIBRARY

Libraries are amazing and wonderful places for people of all ages. Pick a book to read to your family or choose a book on tape so you can follow along together as the story unfolds.

❖ GO TO A FARMERS’ MARKET

Meet the folks who make cheese or bring eggs to the market or who grow the most delicious carrots. You can also spend a morning at the market and purchase delicious goodies to work with as you create healthy and fresh meals.

❖ PLANT A FAMILY VEGETABLE GARDEN

Go online together and research how to create a raised bed garden, or use pots on your porch to plant in. Or, you can join a community garden and rent a space of land to grow vegetables. Enjoy nurturing and caring for the seeds as they blossom and yield wonderful delights.

❖ MAKE YOUR OWN PIZZA

Pick up dough from the grocery store or local pizzeria, roll it out and top it with any combination of things that you’ve grown or that you love.

❖ THROW A CUPCAKE PARTY

Bake cupcakes, have some decorating goodies on hand and create an environment where your family can go wild with creativity and where play is embraced.

❖ HOST A CRAFT DAY

Discover your inner artist and creative passions. Head down to a craft supply store for supplies, or check out local classes. Some examples of things you and your family could try are jewelry making, painting or scrapbooking.

❖ TOUR THE TOWN

Make believe you are a tourist in your own town. Take field trips to local sports games, visit museums, go to the zoo, take a train ride, visit an historic mansion or go on a walking tour. Get reacquainted with your town or city and explore it with fresh eyes.

❖ LEND A HELPING HAND

We don’t have to do huge things to make a big difference. Volunteer as a family at a homeless shelter, at a soup kitchen or at an animal shelter. Or, help out an elderly neighbor or a child who cannot read. There are infinite ways for your family to help in this world.

❖ PLAY ALL DAY

Have fun, play games, get competitive, make teams and enjoy each other’s company. From puzzle-making, to checker tournaments, to card games, to badminton, to charades, to mini golf; there are tons of games that your family can play together. Find something that you love, and make it a tradition.

❖ TAKE A HIKE

Walking is good for you, and it’s a great way to get some exercise and teach healthy habits to the kids. There are local trails in most areas, as well as national parks filled with marked trails. Keep a hiking journal to document walks you’ve taken, and be sure to write down details about each place.

