

Four Family Fun

Four areas to have fun as a family



Sometimes families can get bogged down in stress and contention. Often what is needed is some humor and light-hearted family fun. Take a few moments as a family to list what the kids find fun and write it on this sheet. Make sure everyone is represented, including you as parents. Then make sure to schedule specific times every week to have fun.



1

FUN

THAT'S FREE



2

FUN

OUTSIDE



3

FUN

INSIDE



4

FUN

THAT COSTS

A fun family activity we will do next week:

Ideas for family fun with exercise:

1. Bean Bag Tag: One person is "it" and has a small bean bag. On the count of three, family members scatter and the person "it" runs after them, throwing the bean bag to try to hit someone. When a person is hit, he or she is the next one "it." (Make a bean bag by putting dried beans into the toe of a sock and tying the end with a double knot.)

2. Simon Says Dance: Play some fun dance music and take turns being "Simon the Leader." Whenever the dance leader calls out "Simon says. . ." and does a move, family members have to imitate that move. If "Simon" only demonstrates but doesn't call it out loud, whoever imitates the dance move is the next "Simon."

3. Find-a-Ball: The goal is to collect newspaper "balls" and be the first to place them in a circle drawn on the floor. Each family member wads 1/2 sheets of newspaper into five "balls" and puts a piece of tape on each ball with his/her name on it. The person who is "it" puts the balls around the house in different rooms. At the count of three all players race to find and gather their balls and be the first one to put all five balls in the circle.

4. Capture the Towel: Unroll three (joined) sheets of a paper towel. Cut it into four long strips forming "tails." Each person tucks the end of the paper towel strip in the back waist of his or her pants or belt. At a given signal, family members run, with each trying to capture the towel of another while trying to keep his or her's safe. Blow a whistle at the end of three minutes. The person with the most towels wins.