

## Fun Family Time Together

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Listed here are over 100 activities that families can do together to help strengthen their relationships and create unity and loyalty among all family members.

*“One criterion for family fun is to make time to be together.”*

Family bonding creates unity and loyalty when families spend time doing things together. The closeness that develops helps family members cope with problems in a healthy manner that builds a sense of trust, security, and safety. Time spent together helps build a strong family who can then weather good times and difficult times together, including a crisis. When times get tough, strong families see a way out of the situation because they can depend on each other and will access outside resources when necessary. They have a sense of belonging and joy, including a sense of hope, within their family and home. When one family member is hurting, they care about that person and offer support, love, and advice. Strong families don't feel threatened to welcome new partners, spouses, and

children into the family, but rather see the extension of the family as a blessing. As families grow, their activities change but the fun times continue.

The interests, needs, skills, and developmental level of each member, along with finances will make a difference in what fun activities are chosen. Although parents are the family leaders, each family member should have an opportunity to choose what to do at certain times. Families can do many fun things together that don't cost much money. Think about what you could do.

One criterion for family fun is to make time to be together. Work and other obligations can sometimes wait. Family time must be prioritized at certain times each day, throughout the week and year. Families may get caught up in being too busy. But time together is important to nurture the family, just as if it were a garden needing care and water. Time together provides opportunities to discuss important issues and teach values. Family rules provide boundaries for talking to each other with mutual love and respect. The following is a list of activities you can do together to learn more about each other and have fun. What other things can you do together?

Play a card game  
 Go to the park  
 Go to the lake in the winter to feed the ducks  
 Visit a historic site  
 Take a walk  
 Hike the bluffs  
 Have a picnic in the park  
 Research and write family history  
 Write letters to a friend  
 Learn a new hobby  
 Cook a meal together  
 Attend a family reunion  
 Go swimming  
 Go to a movie  
 Go to the library  
 Read a book together (one person will read out loud)  
 Have a one-day field trip  
 Have a picnic on the living room floor  
 Play board games  
 Play with play dough  
 Bake cookies or bread  
 Make a home safety plan  
 Sing in the car  
 Discuss the effects of violence on families

Plant some seeds and watch them grow  
 Fly a kite  
 Mend a fence  
 Talk about love and sexuality  
 Dance to fast music  
 Have an exercise workout  
 Play in the yard  
 Learn a foreign language  
 Join a club  
 Learn a skill with your hands  
 Clean the house  
 Attend each other's celebrations  
 Plant some flowers in the yard  
 Eat a new food  
 Listen to thunder and lightning (in safety)  
 Talk to your grandparents  
 Celebrate the various seasons  
 Talk about current events  
 Talk about different moods  
 Teach each other something  
 Share about major events in your lives  
 Eat a meal together every day  
 Talk about each other's hobbies  
 Watch the sunrise or sunset

Sit still and listen to the birds  
 Talk about why you love each other  
 Go on a nature hike  
 Study wild flowers and grasses  
 Rent a family movie  
 Sing songs in the car  
 Walk in the rain  
 Look for rainbows  
 Help paint a garage  
 Play in the yard  
 Give something to a family in need  
 Celebrate the holidays together  
 Make cards together  
 Catalog family photos  
 Have a race  
 Visit the hospital or nursing home  
 Talk about your future  
 Look at the moon and stars  
 Have a barbecue  
 Learn a musical instrument  
 Invite some friends over  
 Share feelings of joy, happiness, fear and anger  
 Listen to different types of music  
 Go to a museum  
 Talk about what hurts your feelings  
 Go to a zoo  
 Dance in the rain  
 Play frisbee  
 Study various cultures  
 Celebrate your spiritual beliefs  
 Count your blessings  
 Go to a concert  
 Chase lightning bugs  
 Send a card to someone to show you care  
 Sweep or shovel your neighbors sidewalk  
 Talk about being responsible for own behavior  
 Discuss drugs  
 Talk about things you don't like  
 Talk about your job or the job you want to have  
 Blow bubbles  
 Make a family scrapbook  
 Start a family holiday tradition  
 Go to a concert  
 Talk about what you want to do when you grow up

Make sure each member eats breakfast  
 Invite a friend over to play a game  
 Get acquainted with the neighbors  
 Learn about your great grandparents  
 If known, visit the place where you were born  
 Go to an auction  
 Go to a garage sale  
 Read the newspaper  
 Have a weekly family meeting (with rules)  
 Treat each member on a certain day  
 Take turns doing the dishes  
 Videotape the family one day  
 Watch fireworks  
 Have a home safety drill  
 Plan a trip together  
 Get away from home for overnight  
 Carve pumpkins  
 Sing around the piano  
 Play ball  
 Dance in the living room  
 Have a picnic in February  
 Give each other backrubs  
 Give something to the homeless or shelters  
 Talk about health and sickness  
 Go to a county fair  
 Watch a basketball or baseball game  
 Forgive each other and talk about problems  
 Count the trains or trucks that pass you  
 Draw a picture of your family  
 Take a photo of your family  
 Share your values with each other  
 Do something thoughtful to one family member  
 Tell each other what you need and want  
 Make a family badge  
 Find something to celebrate each family member for  
 Ride bikes together  
 Talk about aging and death  
 Cut out cookies and decorate  
 Visit a fruit orchard  
 Pick edible wild berries or fruit  
 Build a family tree  
 Make a scrapbook for each family member  
 Go camping

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