

Mimi the Angel



Family Fun Ideas

1. Take a walk in a park, along the nature trail or in the country. Explore and see beauty in little things: a squirrel scurrying up a tree, a bird looking for food, a dog sniffing out a trail, a broken down fence...
2. Take a trip to the library to research an area of interest, to check out a book or listen to a special presentation.
3. Learn new ways to create. Take a sewing or cooking class (it might even be with mom or dad). Make a sculpture out of recycled materials. Paint a picture. Make a soap carving.
4. Find out the times for public skating or swimming. Spend an afternoon exercising and having fun. Go bowling.
5. Visit a museum you haven't been to in a long time.
6. Plant seeds in peat containers. These seeds will grow into plants that can be planted later on in the spring. Think about the seeds we should plant in our own lives – seeds of hard work, our best effort, kindness, caring, respect.
7. Adopt a grandma or grandpa at a local nursing home or retirement home – or perhaps an elderly neighbour who is living alone. Set up a time to visit.
8. Get a goldfish and bowl. Start learning how to be responsible, how to take care of a pet.
9. Get a new journal or diary and a special box of new pencils or pens. Call it your "Dare to Dream" Book. Write an entry each day.
10. Hold a special vacation night. Plan a picnic dinner in your family room. Sit on the floor (beach) and enjoy a tropical dinner. Pretend you are in a country with a warm climate like Hawaii. Wear luaus (and grass skirts if you can find or make them) and summer clothing. Play Hawaiian music. Make fruit kabobs!
11. Plan a family night. Show old family films or videos, look at pictures. Talk about the special people in your family (now and in the past) and celebrate them. Look at how each family member has grown and progressed. Create a coat of arms that represents your family name. Have a special meal made up of each person's favourite food.
12. Make a co-operative positive chain. Each family member writes a positive message each day on a strip of paper. Go over the messages at the dinner table. Connect them together at the end of the week.
13. Learn a new game – cards or a board game. Play these new games during "Family Hour" each night when the TV is turned off and all family members talk and spend time together.
14. Create a scavenger hunt for your family and friends. Prepare bags and a list of things that each team must find. Make sure that the times are available in the area. Give a specific amount of time to hunt.