

## FUN FAMILY ACTIVITIES

- ❖ Enjoy a Comedy Night. Do you have any aspiring comedians in your home? Each person can share jokes from a favourite joke book or can anyone make up some original material. If you would rather leave it to the pros, watch some family-friendly comedians online.
- ❖ Put on a talent show. Let each person share their special talents or team up. Whether playing a musical instrument, singing, dancing, doing a magic trick, or reciting a poem, everyone has something they can contribute.
- ❖ Spend time together doing puzzles. Jigsaw puzzles, mind-benders, puzzle type games—put your heads together and work to find solutions – there are some free online family escape room activities available e.g. <https://www.escapefromhome.co.uk/>
- ❖ Cook together. No matter the age difference, everyone can pitch in to make dinner. Whether it is breakfast for dinner, make-your-own pizzas or baking a cake.
- ❖ Use your mealtimes together to really talk (and listen!). Ask questions, have each person share something good and bad about their day, or discuss current events (in a positive way as much as possible 😊).
- ❖ Read books aloud as a family. This provides a chance to connect and talk.
- ❖ Enjoy a night at the movies (right at home). Let family members take turns picking the movies. Get out the blankets, enjoy popcorn or another favourite snack. Movie night should be an experience of being together, not just watching the show so try ditch any phones / technology during this family time. You can even read a story aloud as a family such as The Lion, the Witch, and the Wardrobe and then enjoy the movie version.
- ❖ Choose a building challenge everyone can work on. Use whatever you have available; you could use lego or make use of old packaging. Create a theme park, a game, or a super-heroes world that everyone builds to make it.

- ❖ Create something. Make puppets (old socks are great for this), draw, paint, or mould something in clay. It doesn't have to be perfect or elaborate! The point is to have fun. Share your creations with one another. (Or make one big project together—collages are perfect for this!).
  
- ❖ Play games. Games teach us about losing gracefully and encouraging one another, and are simply fun. You don't have to own a lot of board games to have fun. If you don't have any board games you could play Charades or make your own version of a game
  
- ❖ Play a game that requires good communication. E.g. One person puts on a blindfold and the other family members help guide them to an object using voice commands only.
  
- ❖ Help young children learn to communicate how they are feeling when they aren't in the middle of the feeling. Role playing can be very effective with children. For example, if you have a child who doesn't like to lose when they play games, pretend to play a game and lose. Show how not to lose (throw a fit, pout, whine) and then show how to lose gracefully (Say, "Good game" or "That was fun.").