FAMILY BONDING activities



1 OUTDOOR EXPLORATION

*Visit the Beach
*Go on a picnic
*A staycation
*Grow a garden
*Go on a nature walk



2 CREATE YOUR OWN TALE

*Build a fort in the living room
*Story nights
*Go 24 hours without internet,
*Television or radio.
*Help you child make a collage of all their dreams and Goals





3 CULINARY ADVENTURE

*Bake cookies
*Make fresh squeezed lemonade
*Bake a cake
*Help doing the dishes and setting the table



4 A BATTLE OF WITS AND LAUGHTER

*Create a family scrape book
*Movie nights on weekends
*Go on a treasure hunt
*Take a road trip
*Draw and paint family potraits





5 REFLECTING ON SHARED MOMENTS

Start a family journal where each member can write about their day, share their thoughts, or recount a special memory.



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