

Fun Family Activities

- Create a gratitude list
- Have a dance party
- Visit an online museum
- Read a book
- Spend time in nature
- Do a science experiment
- Play a board game
- Exercise
- Go for a bike ride
- Get into nature
- Garden
- Have movie night
- Journal
- Bake or cook a meal
- Write a story
- Snuggle
- Play!
- Tell jokes
- Meditate
- Do Yoga
- Do a puzzle
- Call family or friends
- Setup a calm down area
- Listen to music
- Visit a virtual National Park
- Play an instrument
- Learn a language
- Craft
- Blow bubbles
- Paint
- Make a dream board
- Scrapbook
- Sing karaoke
- Hug
- Build a fort
- Create art together
- Play in the sprinkler
- Create a glitter jar
- Camp in the backyard
- Chalk obstacle course

