

100+ Family Bonding Ideas

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1. Read bedtime stories for 10+ minutes each night
2. Plan a family game night
3. Go for a walk around the neighborhood
4. Ask about their day at school
5. Bake cookies together
6. Sing aloud together in the car
7. Tell them how much you love them
8. Plan a one-on-one date with your child
9. Play tag
10. Watch a family movie
11. Play dress up
12. Put on a play
13. Go stargazing in the back or front yard
14. Have family dinner or breakfast daily
15. Make time for no electronics
16. Read a chapter book series together
17. Go on a scenic family drive
18. Go roller skating/ice skating
19. Learn more about your child's interests
20. Make a craft
21. Let the kids help make an easy dessert
22. Ride a roller coaster
23. Go on a family bike ride
24. Plan a family picnic
25. Plant a garden
26. Carve out time for daily play
27. Encourage your kids in their hobbies
28. Let your kids help make the grocery list
29. Go on a family road trip/day trip
30. Get out some coloring books
31. Draw pictures
32. Learn how to play your child's favorite video game
33. Go camping
34. Involve the kids in vacation planning
35. Make yearly, monthly, weekly family traditions
36. Explore some old family photos
37. Tell stories about your childhood
38. Ask questions about your child's day
39. Volunteer for a local cause
40. Learn a new skill/hobby together
41. Have a family contest/competition
42. Create a schedule of family events
43. Start a family Youtube channel
44. Do a science experiment
45. Take a class together (Art, exercise, cooking)
46. Make family goals
47. Volunteer in child's classroom
48. Go on a class fieldtrip
49. Attend your child's extra curricular events
50. Build a LEGO set
51. Make a blanket fort
52. Find a Groupon Coupon for a day of family fun
53. Go on a family hike
54. Play a board game. We love Monopoly!
55. Have a family Pokemon card tournament
56. Build a world with your kids in Minecraft
57. Tell jokes
58. Donate old toys together
59. Have a small, family only, birthday party
60. Go to the park
61. Take a weekly trip to the library
62. Have a themed story time
63. Video chat with the kids when you are away
64. Surprise your kids with a trip or fun activity
65. Decorate a cake or sugar cookies together
66. Go out for a family dinner
67. Stick a note in their school lunch
68. Find shells at the beach together
69. Let your kids help with holiday baking and decorating
70. Have a water gun/balloon fight
71. Have a staring contest
72. Listen and respond when your kids are talking
73. Visit a zoo or museum together
74. Make ice cream sundaes
75. Learn a new game
76. Go to a concert
77. See a drive in movie
78. Play instruments and sing together (Family Band?)
79. Have weekly family meetings
80. Go swimming
81. Build a sand castle
82. Feed the ducks at a park
83. Pick out a family pet together
84. Make some dirt cups
85. Make a secret code
86. Go to a theme park
87. Sing Karaoke
88. Make dinner together
89. Make a family calendar together
90. Plant a tree
91. Go on a bus/trolley ride
92. Climb a rock climbing wall
93. Blow Bubbles
94. Make up stories
95. Tell spooky stories
96. Dance around
97. Go searching for bugs, birds, wildlife
98. Have a nature scavenger hunt
99. Start a family piggy bank, save for a family trip or activity!
100. Have a family slumber party
101. Ask your kids what they want to do when they grow up
102. Make a backyard fire pit, then make S'mores.
103. Make chalk art in the driveway
104. Play in the sprinklers
105. Learn a new song
106. Have a family pizza party
107. Go searching for Pokemon
108. Make your own stained glass drawings with Crayola