

Try These 3 Family Time Activities!

Embark on a Family Treasure Hunt

Set up a treasure hunt in your backyard. Pick up some fun prizes at your local dollar store and hide them in various places in your backyard. Remember to sketch out a map or clues sheet to give to your young explorer (and to help yourself remember where you hid the prizes!)

You can get pretty creative with this activity, making funny or interesting clues to point your child in the direction of the prizes.



You could also let your child dress up as an explorer to get more in character for the hunt.

Let Your Child Plan the Day

It can be hard to figure out activities that your child will get excited for. So, try letting them do the activity choosing and planning! Work alongside them to help with setting some rules and a budget, and let their imaginations go wild planning the day! Your child will learn skills involving planning and being realistic. They will also get some insight into budgeting and the value of money.



Your child just wants your undivided attention, and letting them decide the day's activities shows you care about them and their interests. And, it will give them a sense of freedom and responsibility. It also takes the pressure off you to come up with ideas and activities.

Volunteer as a Family

Giving back as a family can be very meaningful and will take your family time to the next level. Check with local non-profits, food banks, or community centers to see about upcoming volunteer opportunities you can do as a family.

Maybe you and your family can help out at a food pantry or help out residents at a nursing home. (Find a food bank near you at Feeding America.)

