

FUN FAMILY ACTIVITIES



Looking for some awesomely creative ways to spend quality time as a family during quarantine? Check out these Respectful Ways' Home Connects activities. Bounce from one activity to another to mix up the fun!



Activities for Younger Children

☐ Play the Compliment Game!

First, let's model how to give compliments, then practice giving them to each other. Make sure to share how giving and receiving compliments makes you feel.

☐ Go on a hike or a walk as a family.

Sometimes you can find amazing scenery and wildlife right in your neighborhood. Discover the plants and animals that live around you. Collect things in nature and make a [collage](#).

☐ Ask family members what brings them joy.

Write down the responses then draw the family, along with the joyful ideas. Title it: Our Family!

☐ Discuss good foods you like and help kids plan a healthy and [delicious meal](#). Prepare it together. Share cooking tips while preparing, and talk about the health benefits while eating!

☐ Create a "Get Along" Family Handshake

Agree to use it when family members are not getting along. As a family, write a short poem, rap or song to go with it!

☐ Into English and Language Arts?

Write poems, stories and plays! Take turns reading each other's work. Build a set and costumes then act out the play for friends and family.

☐ Into Math and Science?

Build a [terrarium](#). Draw and color geometric designs like [mandalas](#). Go outside at night with an [app](#) that identifies stars. Go to [NASA's site](#) for tons of fun activities for young kids into astronomy!

Activities for Older Children

☐ Engage in conversations about [future dreams](#) and plans. Talk about the aspirations you had at their age – and the goals you have today.

☐ Good [problem-solvers](#) embrace uncertainty and reframe setbacks as opportunities.

Find a problem you can solve as a family and focus on developing these mindsets.

☐ Discuss "[Authenticity](#)" with family members. Discuss how you have remained true to yourself when pressured by peers.

☐ Turn negativity around in the house! Keep a "Negativity Jar." If someone says something negative, write it down, cross it out, and then write something positive in its place. At the end of the week, re-examine the cards and talk about the difference it made.

☐ Foster [family connection](#): Let children interview elders and ask them what they stood up for when they were young. Find a local issue in your community to work together to solve.

☐ Establish Phone-Free times (You too, parents!) Replace that time with [family projects](#), puzzles and activities. Talk to your kids regularly about perception vs. reality in the world of social media.

☐ Expand Your Friendships: Share a time when you made a friend with someone who isn't like you. Discuss what you found in common and share what you appreciate that's different.