

# 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.