

20 Family Bonding Activities

Spending quality time with family and loved ones can improve social skills, boost children's confidence and increase feelings of happiness.

HOW TO USE

- Print and cut out the activities below, or take a picture of the page
- Add your own family ideas!
- Take turns choosing an activity to do together as a family



Show-and-Tell – each person selects a special item and shares why it is important to them



Look at Old Photos Together – share stories about your experiences



Get to Know Each Other More – ask questions like the ones in these [Quick Connection Cards](#)



Have a Family Slumber Party – build forts, watch a movie, make healthy snacks



Create a Family Music Playlist – listen and dance, talk about your favorite songs



Cook a Favorite Meal – choose age-appropriate tasks such as setting the table, cutting vegetables and washing dishes



Participate in a Fun Physical Activity – try hide-and-seek or have a dance party



Play a Family Game – this could include board games, trivia, sports or [Nature BINGO](#)



Volunteer – pick your favorite cause (e.g., animal shelter) or spend time helping a friend or neighbor

20 Family Bonding Activities Continued



Have a Fashion Show – model your clothes and donate any you no longer want or need



Complete a Puzzle Together – younger kids can look for edge pieces or certain colors



Create Artwork – paint a canvas together or find [craft ideas online](#)



Explore together with an indoor or outdoor [scavenger hunt](#)



Perform in a Talent Show – each person demonstrates a skill (e.g., juggling, singing)



Have a Family Photo Shoot – Bonus: Have one framed or put photos into an album



Create a Family Vision Board – include your goals for the year and what you are grateful for. Bonus: Get started with [this template](#)



Make a [Family Feel Good Plan](#) – brainstorm ways to de-stress such as deep breathing or talking it out with one another



Read Aloud as a Family – Bonus: Read to long-distance family members over the phone or do a book swap through the mail



Perform Together – make up a dance or act out a favorite book/movie (Bonus: Put it into a video!)



Complete an Obstacle Course – inside or outdoors; include items to jump over, crawl under, run around and balance on