

# 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 Silly and Speedy Conversation Starters



**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