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

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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

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