

30 FUN THINGS TO DO WITH YOUR....

CHILD

1. Play a game of tag
2. Tell a fun story from your childhood
3. Have a picnic in your yard or at the park
4. Count things such as trees or birds while taking a walk, to see how many you can find
5. Involve your child in helping to pick out and prepare a special meal
6. Help your child write a letter to a far-away friend or family member
7. Play Simon Says
8. Visit your local library and read a book together
9. Identify different shapes & objects from the clouds in the sky
10. Plan to have dinner together & ask open-ended questions to each other
11. Look at family pictures together while sharing special family stories
12. Establish a new family tradition together
13. Work on an art project together using items found around the house or yard
14. Dance around the house together
15. Help out a neighbor or friend
16. Blow bubbles
17. Play hopscotch
18. Go for a bike ride together
19. Complete a puzzle together
20. Plant some flowers or herbs together & watch them grow
21. Draw on the driveway with sidewalk chalk
22. Play at a local playground
23. Fly a kite together
24. Review your family emergency plans together
25. Plan an outing to a free family event in your community
26. Write a story together
27. Watch a family movie together
28. Play a board game
29. Sing songs together
30. Give your child a hug and tell them that you love them

TEEN

1. Listen to music together & have your teen teach you a new dance move or two
2. Play a card game
3. Begin a collection together
4. Volunteer as a family at a local organization
5. Plan a picnic at a local park
6. Watch the sunrise or sunset together
7. Hike a trail & try to identify as many plants & animals as you can
8. Plan a vegetable garden
9. Do a crossword puzzle
10. Create a family newsletter to send to the whole family
11. Camp in your backyard
12. Help out a neighbor or friend
13. Play a board game
14. Look at family pictures together & share special memories
15. Prepare a meal together
16. Try a new sport together
17. Compliment your teen on an accomplishment
18. Tell jokes to each other
19. Ask open-ended questions about each other's day
20. Attend an activity your teen participates in
21. Watch a movie together
22. Put together a jigsaw puzzle
23. Establish a new family tradition together
24. Write your teen a letter & leave it out for them to find
25. Take time to find out what interests & hobbies your teen enjoys
26. Plan an outing to a free concert or event
27. Watch your teen's favorite movie or show with them
28. Have your teen teach a new responsibility & a new privilege
29. Give your teen a new responsibility & a new privilege
30. Hug your teen & let them know how much you love them!

TRY OUT A FUN ACTIVITY EVERY DAY OF THE MONTH
& LET YOUR CHILD(REN)/TEEN(S) HELP CHOOSE WHAT YOU DO!

ADDITIONAL INFORMATION & RESOURCES CAN BE
FOUND AT HEARTLANDFORCHILDREN.ORG OR OUNCE.ORG.



Prevent Child Abuse
Florida