



Live to love
Love to learn
Learn to lead
Lead others

*Created by Families Overcoming Conflict Under Stress, Inc.
 An organization offering programs, activities and resources to
 empower and encourage families to communicate without
 confrontation.*

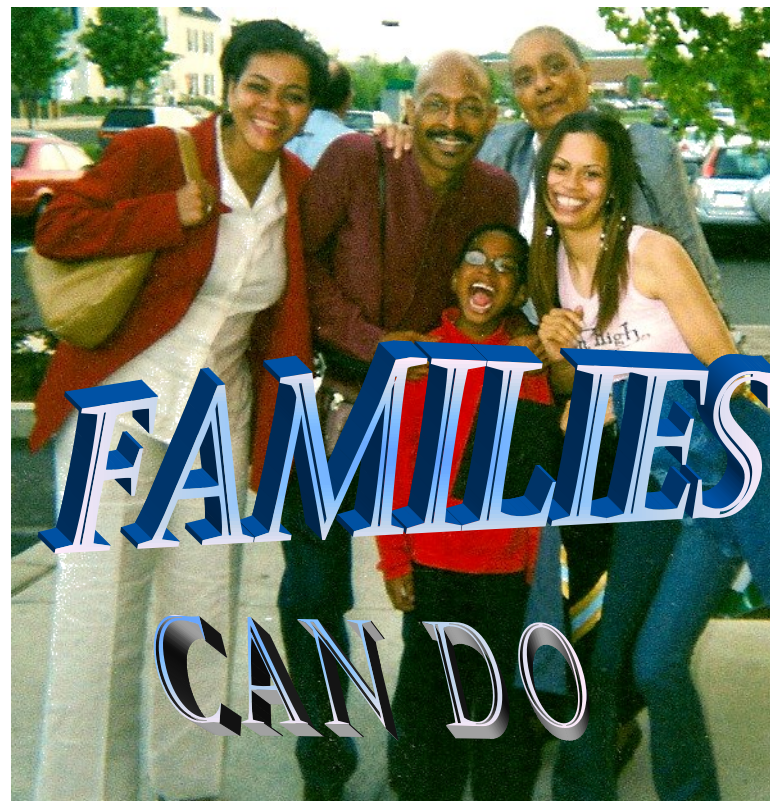
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77 ACTIVITIES



TOGETHER

A quick resource guide of activities to motivate families to bond together
 and create positive memories.

Foreword

*We sometimes get so caught up with achieving economic status and keeping up with the “Joneses” that having family fun is last on the list - if it’s on the list at all. **It should always be on the list.** Family bonding is significant for our mental, physical and spiritual wellbeing. As a family unit, it is necessary for us to be able to laugh and enjoy each other, thus alleviating tension and stress. Quality time spent together is a very important aspect of building unconditional loving relationships. The laughter and smiles of memorable moments are priceless.*



There are so many rewards to sharing positive, nurturing, and fun activities. Research has proven that our children have healthier self-esteem, improved trust relationships and better social interactions when they receive attention and valued time from their parents, guardians and mentors. As a result, they develop into resourceful, strong-minded, amorous adults and parents.

This guide is a start for families to research various activities, recipes or places to visit. Hopefully, it will motivate parents, guardians, and relatives to bond with family members to build positive relationships.

Let’s keep these traditions alive, and they too will do the same and for generations to come.



Notes





1. **Family Fun** - fun.familyeducation.com - links to family entertainment center for all ages.
2. **Fun Brain** - www.funbrain.com - play to learn! Search by age, subject, or game name.
3. **NickMom** - www.nickmom.com - shortcuts to the city at its best - its parks, stores, restaurants, places to stay, and entertainment, among other things.
4. **Jigsaw Puzzles** - www.justjigsawpuzzles.com - a new jigsaw puzzle featured every day.
5. **Marvel Comics** - www.marvel.com - from comic heroes to ultimate alliance characters. Information about every marvel character you can imagine.
6. **National Geographic** - www.nationalgeographic.com - experience the wonders of the world without leaving your home. The family can explore many facets of nature, geography and animals.
7. **Yum-O** - www.yum-o.org - empowers kids and families to develop healthy relationships with food and cooking by teaching families to cook together.



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Creativity

1. All About Me - how well do you know your child(ren) and they know you? Have a list of questions - eye color, height, favorite foods, movies, songs, place to visit, etc. If more than two people, pick partners. Allow a certain amount of time for each member to answer the specific questions about their partner. Pass it around twice. Then each person reads out loud his or her paper.

2. Coupon Book - unique for birthdays, forgive me moments and special occasions. Take plain, colored or construction paper - cut them in equal shapes and sizes. Decorate with meaningful designs. Make up great IOUs or chores. Examples: This coupon is good for a shoulder massage.

3. Explore Explorers - great fun for the family to explore many cultures and ethnic groups. Use a globe that lights up or a detailed map or encyclopedia to learn about a country's language, food and people. Learn a different one every month.

4. Family Photos - spend hours arranging and reminiscing over those family photos. Make a collage or individual binders for each family member, friends, events or trips.

5. Hands and Feet - treat each other to soaking the hands and feet, and then an energizing massage with warm lotion.

6. Paints - finger paint, oil paint, or even body paint. Make it fun and artistic.

7. Paper Time - paper planes, dolls or Christmas trees - these activities are creative and the end product is what you make it. Challenge yourself on how to make them before reaching for a book.

Togetherness Outings



1. Double Decker Tour - [Sightseeing Tour of Philadelphia](#) - 5th and Market Sts, Philadelphia, PA • Historical and cultural attractions including Independence Hall, the Liberty Bell, Grace Kelly and home of the Philadelphia cheese steak sandwich.

2. Franklin Park - <http://historicphiladelphia.org/franklin-square/what-to-see> - 6th and Race Streets, Philadelphia, PA • 215.629.4026 • Family-friendly attractions, including a miniature golf course, a classic carousel, storytelling benches, a picnic area and more.

3. Greater Plymouth Community Center - www.plymouthcommunitycenter.org - 2910 Jolly Road • Plymouth Meeting, PA • 610-277-4312 • Activities for all ages - swimming, exercise room, computers and much more.

4. Lancaster County - www.800padutch.com - Visitors Center, 501 Greenfield Road, Lancaster, PA • 1-800-723-8824 • One of the oldest and largest Amish Communities in America, a place where time stands still.

5. Longwood Gardens - www.longwoodgardens.org - 1001 Longwood Rd, Kennett Square, PA • 610-388-1000 • A peaceful place for serenity and family fun concerts.

6. RiverLink Ferry - www.riverlinkferry.org - 215-925-5465 • A convenient and easy way to enjoy family fun on the Philadelphia and Camden waterfronts.

7. Sesame Place® - www.sesameplace.com - 100 Sesame Rd, Langhorne, PA 19047 • 1-866-GO-4-ELMO • the nation's only theme park based entirely on Sesame Street®.



Special Family Moments

I enjoy my family being together. Any occasion is nice as long as my parents, sisters, grandparents, and cousins are there. The more the merrier.

*Tremayne Bundy
young male making a difference*

My son and I like to have indoor picnics. We dig up fun things to eat in the kitchen, lay a blanket out on the living room floor and have a picnic. He enjoys it because he gets to choose the food. Sometimes we'll watch a movie, but often times we'll just sit and talk.

*Ahaji Schreffler, Financial Coach
single parent of a son*

When I was growing up, my mother would close off the block and families would come out for movie night.

*Elsie Rogers
Single parent of a son and daughter*

My aunts and uncles would come over on Friday evenings, and they would teach us how to dance.

*Shirley Beachem
sibling to 10 & mother of 3 daughters*

My mom and I travel to upstate New York to visit a friend who lives by a lake. I love swimming in the lake.

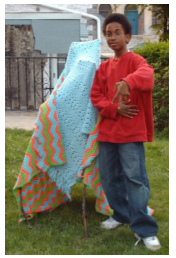
*Avery Mitchell
positive young male with a positive future*

Some of my greatest memories are when my Memom (grandmom) would take me to the zoo, museums and movies.

*Shekina McGriff
sibling to Tremayne Bundy*

The 7th entry is for your family to fill in. Share special family moment - past and present.

Creativity



8. Popsicle Stick Magnets - gather popsicle sticks, self adhesive magnets and glue. Glue the ends of the sticks together to make a square or a triangle. Glue 2 more layers of sticks and add sticks across to cover one side for a back. Attach a couple of adhesive strip magnets to the back. Cut out a favorite photo or quote. Glue it inside the frame. *Presto! A work of art.*

9. Teepee Time - gather big and long tree branches and sticks - thick and thin ones. Use thick long string to tie the tops of three or more long branches together to form a hut. Once it's sturdy and standing alone, cover with blankets or other materials. See how many days it will last against the weather, people or animals.

10. Traveling Repeat Game - the first person will start the game by saying one word. The next person will repeat the word and then add another word and so on. When a person can't remember all the words in sequence, he or she is out. The last person remembering all the words in order is the winner and starts a new round.

11. Tye Dye - take an old or new tee/sweat shirt, jacket, or bag (any color). Use fabric paint from a craft store. Make individual designs or sayings. Create your own family look and tagline.

12. Video Vibe - get the video camera out and have fun. If you don't have one - borrow or rent. Create a movie or a talent show.

13. Wax This - purchase Paraffin (wax), pigment for color and oil scent for smell. Supervision is required because of the heat. Create candles as a family hobby. Search the Internet for details.

14. Walk Right - the family that walks together stays together.



Indoor Activities

1. **Cards** - pull out a deck of plain or pinochle cards and gather the family around the table. Pass down the traditional games of gin rummy, war, go fish, crazy eights and spades.
2. **Dance Dance Dance** - turn on the radio, put on a CD. This is a great way to let go of tension and free yourself. Share some oldie but goodie dances with your kid. Family aerobics to music is energizing.
3. **Family Book Club** - see the world through reading. Make time during the day or week and read together. Read one book together or everyone read a different book and then discuss it.
4. **Game Night** - board games and charade games teach respectful competition, team playing and sportsmanship. Who's more mature, the adults or the children?
5. **Home Theater** - make one day or evening during the week movie time. Each member has a week and picks an appropriate movie for the family to see. Gather the snacks and enjoy.
6. **Junk in the Trunk** - rainy days are made to sort through family toys and clothes that were packed or stuffed away. Start with three piles: throw away, give away and keep. Make sure your keep pile is the smallest.
7. **Karaoke** - who's the American Idol in the family? If you have a karaoke system-awesome. If not, put that music on and the person who lip syncs or knows the most words is the winner.

Someone's in the Kitchen with....

8. **Jell-O** - make it in a bowl or in a mold pan. Add fruit for a fruity taste. It's fun to make and fun to eat.
9. **Lemonade** - fresh lemons are required. Make sure the kids massage the lemons, cut and squeeze the lemon juice before putting them into a pitcher. Add the right amount of sweetener (sugar or honey). Include fruit for flavor (cherries, strawberries, blueberries).
10. **Pancakes** - use scratch or premixed batter. Add fruit toppings or flavored syrup. Make sure you cook the batter before the kids eat it.
11. **Pizza Piazza** - prepare the dough or buy it. Add pizza sauce and cheese, then any toppings of your choice. (try different cheeses) Enjoy as a snack, lunch or dinner.
12. **Popsicles** - homemade popsicles made to your taste. Use ice trays, popsicle sticks and juice. Let it freeze and enjoy on hot days. Great for sore throats and dehydration.
13. **Roasted Marshmallows** - use shish kabob sticks, put one or more marshmallows over a small flame - toast to perfection. Supervision is required at all times.
14. **S'mores or Sundaes** - for S'mores gather graham crackers, marshmallows, chocolate, peanut butter, caramel. Stack it in the order of your choice. Then line up the ice cream, chocolate, hot fudge, bananas, pineapples, whipped cream and other favorite toppings. Make delicious sundaes.



Someone's in the Kitchen with....

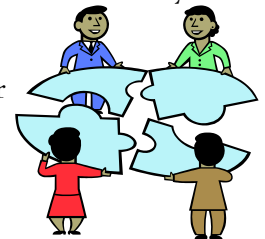


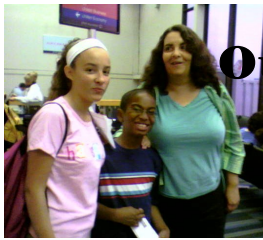
1. **Bake cookies** - make from scratch or premade dough. Use cookie cutters or sprinkles. Serve with milk and eat hot from the oven.
2. **Chocolate Fondue** - have fun experimenting with chocolate. Find the most creative ingredient in the kitchen such as fruit, pretzels, granola bar, graham crackers, peanuts, potato chips....then dip in cool or warm chocolate.
3. **Dough it Right** - flour, water and salt, or buy roll dough. Knead with flour. Make shapes or designs. Add food coloring for a vivid finish. Bake them to eat or use as decorations.
4. **Ethnic Night** - find cultural recipes to prepare. Have someone from a specific culture teach or prepare a cuisine such as Chinese, Indian, Italian, or Mexican.
5. **Fruit Salad** - gather fresh, canned or picked fruit. Each member adds his or her favorite fruit. Clean it, peel it or slice it. Then eat it plain or with whipped cream.
6. **Full Course Meal** - create a family menu - everyone is responsible for a course-appetizer, entrée, and desert. It can be as simple as a salad or hoagies, or as elaborate as steak or lobster.
7. **Homemade Pie** - make the crust or have ready made, add fresh fruit (apple, peaches, blueberries), spice it up with your favorite seasonings - top it with a crust cover (optional). Bake and let the aroma fill the kitchen. Eat with or without ice cream or whipped cream. Pass down those family recipes.

Indoor Activities



8. **Kodak Moment** - digital camera or Polaroid, instant photos are the best. Have fun with free-style pictures. Catch them when they're sleeping or eating, or making that crazy expression. Snap pictures of the pets for some pizzazz.
9. **Museums** - Philadelphia has a wide variety of interesting museums for all ages, such as the Please Touch Museum, Liberty Museum, and community based museums. For assistance contact Independence Visitor Center at www.independencevisitorcenter.com or 1-800-537-7676.
10. **Our Musical** - each member writes 3-4 lines of rhymes. Then sing and act them out to a favorite song.
11. **Picnic** - indoor picnics are soothing no matter if it's rainy or sunny. Take a blanket and favorite foods (music is optional) and just gather on the blanket and imagine, talk and fellowship.
12. **Puzzle Peace** - from the first piece that is put together to the last, watch how the puzzle comes together in harmony as the family works together. Once the puzzle is complete, mount it and frame it.
13. **Talk It Out** - make debate teams. Take a current event and discuss it. Challenge yourselves - take the opposite side and try to defend it.
14. **Wii** - a new energizing game. Every member make a Wii Mii. Play sports and other entertaining activities. It challenges both your athletic abilities and sportsmanship.





Outdoor Activities

1. *All Aboard* - schedule a train ride-whether it's local or out of state. The view from the train gives another perspective of life.

2. *Beach* - a private beach or lake would be nice. But on a hot day, just get away and get a great tan at the shore.

3. *Camping* - grab a tent or two. Set up tent in the backyard or at a professional camp site. The adventure and journey will last a life time.

4. *Fishing* - back to nature. It's educational and healthy. Whether it's at East Falls Bridge or Arrowhead Springs Hatchery or on a boat, it's an independent feeling when you reel in your first fish.

5. *Planting the seed* - digging in dirt, making mud pies. Planting a flower, a bush or a tree. Plant it in memory of a loved one or just give back to nature. Keep our planet green. Contact the local Horticultural Society or Arboretum for guidance.

6. *Hiking* - visit Valley Green or Fairmount Park. Find a trail and hike with the sounds and sights of nature. Make sure you keep track of your trail and have safety measures with you. Cell phone, first aid kit, and water.

7. *Kiting* - on a windy day let the kites blow away. Check out the Kite Festival in Ocean City, Maryland.



Outdoor Activities



8. *Make a Date* - schedule a dinner date, a bowling date, just schedule a family date for fun. The only rule is don't cancel or postpone. Family first.

9. *Movies, Play or Theatre* - there's entertainment for the whole family to see. Local community theatres are intimate and inexpensive.

10. *Old McDonald* - visit a farm, especially around harvest time. Great pies, hay rides and pumpkins.

11. *Picnic Basket* - every one contributes a food item. Pack some toys - frisbee, bubbles - and relax. Go to a park that the family hasn't visited.

12. *Snow Angels* - snow falls for families to make angels. Make individual angels in a row. Write your name below each one. Another snow idea is to put water and food coloring into spray bottles - make colorful spray art on the snow (very cool).

13. *Walking* - East or West River Drive, Valley Green, around a school track or on the beach. Just walking together is bonding.

14. *Water Battle* - when washing the car or watering the lawn, or when it's just hot, grab your water hose, pitchers or buckets - go for it. This only can happen if all areas are up for being soaked.

