



Activities for spending quality time with your children

Spending time together as a family can strengthen your relationships and make it less likely that you will experience unhealthy conflicts. All of these fun activities are free or cheap to set up, so try printing this sheet out and giving them a try!

1

Make a home cinema den. Use the furniture and some blankets to make a den, facing the TV and watch a movie together. Have some sweets, crisps or popcorn if you want.



2



Play hide and seek

3



Read books to each other

4

Create a giant picture together, using crayons, felt tips and cut-outs from magazines



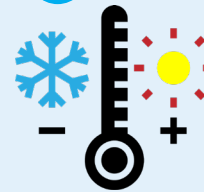
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Use paper plates to make fun masks

Poke two eye holes through the plate and decorate it into a mask

6



Hot and cold: Hide an object in the house and say hot if your child is close to it and cold if they are not

7



Water play: Use the sink, or a tub of water outdoors and play with the water with your children

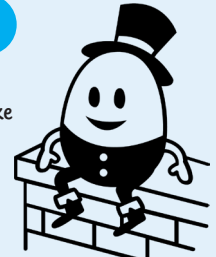
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Follow the leader: The person at the front performs actions which everyone else follows. Swap leaders

9

Sing nursery rhymes and make actions to them



10

Make your own playdough



<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

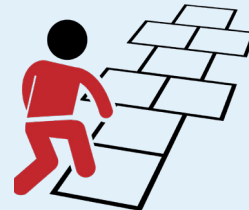
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Make a picnic and eat it together outdoors. Look up at the clouds and say what they look like, for example an animal

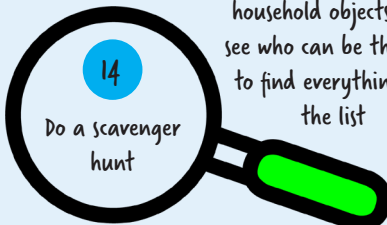
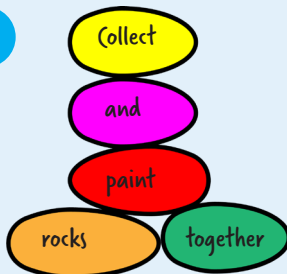


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Play hopscotch. Draw a hopscotch on the ground outside using chalk



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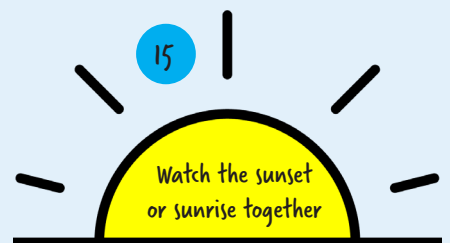


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Do a scavenger hunt

Make a list of household objects and see who can be the first to find everything on the list

15



Watch the sunset or sunrise together

16



Make a memory box

Collect photos, pictures drawn by your children, stones they have collected etc. Put them in a cardboard box (decorate this) and use it to look back at your memories

17



Do a puzzle together

18

Play hot potato with a group of children. Sit them in a circle, play some music and get them to pass the potato (a bean bag or soft ball) around quickly. Stop the music and the player holding the potato is out. The last player left is the winner

