

Family-Centered Practice: Ideas for Low-Cost Family Fun

Use colored chalk to draw designs or pictures of your family on the sidewalk or driveway.

Have a picnic at the beach. Build sandcastles together.

Make play dough from scratch using a recipe you get from a website <http://hubpages.com/hub/Homemade-Play-Dough-Recipe>. Use the play dough to make your favorite animals.

Create a fort in your house using blankets and/or cardboard boxes. Play board games or cards inside.

Write a play together. Play dress up and perform it for the other family members.

Go to the public library and apply for a library card. Then check out a fun book for each person in the family. Read together!

Go on a walk together or ride bikes through the neighborhood. Talk about things you see along the way.

Play music and have a dance party in the living room.

Go to the zoo or a local museum. Write a story about the day's adventures.

Write a poem, taking turns one sentence at a time. Decorate it, frame it, and put it on the wall. Even if it's silly, it will make a good memory.

Bake cookies or make a cake. Let the kids help measure, pour, and mix. Cake mixes are inexpensive!

Take water guns, beach balls, and rafts to a lake, beach, or pool and play water games.

Pick up an instrument together and learn how to play a simple song. Or if your child already plays an instrument or sings, have him/her give a family concert.

Have a water balloon fight outside.

Take socks and make hand puppets with magic markers, glue, buttons, and yarn. Have a puppet show.

Create a scavenger hunt or treasure hunt for them (leaving clues around the house or yard).

Spending time with your children: Priceless!!

Go to a local park or beach and fly kites. Or make paper airplanes and have a flying contest in the back yard.

Go to a park or playground. Play freeze-tag, kickball, or your child's favorite sport.

Pretend to interview each other for a TV news show.

Find a fun science experiment online to do with your kids. Try this site for ideas: <http://www.dosclence.com/>.

Spend a day cooking out, blowing bubbles, picking flowers, or finger painting, or relaxing.

Make up trivia questions about each family member and play a game using rules you come up with. (Example, the first person who gets a question right about each family member wins).

During a summer sun shower, go outside and play in the rain. Afterwards, make mud pies.

Supervised Visitation staff can help you find a park or beach near you. Ask program staff to help you think of other fun activities to do with your children. Create a scrapbook out of a spiral notebook and write down the fun things you do together. It will be fun adding to this book all year!

Turn off the TV and enjoy each other!



Florida's Supervised Visitation Programs:
Protecting Children, Connecting Families
The Clearinghouse on Supervised Visitation,
The Clearinghouse on Supervised Visitation, College of Social Work, Florida State University
<http://familyvio.csw.fsu.edu>

