



Building Family Connections Away from Screens

We've put together a list of indoor and outdoor activities for kids of all ages. Feel free to take these ideas and change them to work for your family!

Indoor Activities

Throw a dance party. Dancing is great for all ages. Take turns picking songs and showing off your best moves. Want to switch it up? Try freeze dance. When the music stops everyone has to hold their pose until the music starts again – even if they have one leg in the air!

Play a board or card game. Go fish, UNO, the game of life, there are lots of games you can play with kids of all ages! Looking for ideas? Check out this list: <https://www.fatherly.com/play/the-best-card-games-for-kids/>

Do arts & crafts. Drawing family portraits, recreating famous paintings, or making cool sculptures... There are lots of family friendly craft ideas! You can even raid your recycling to make fun creations. Turn your trash into art by adding some glue, a bit of sparkle, and a whole lot of creativity. The local dollar and thrift stores often have craft supplies at reduced costs.

Cook or bake together. From homemade pizza, to cakes and cookies, to an ice cream sundae bar, there are lots of recipes your kids can help you make. Cooking as a family will help kids learn about food and develop important skills. Teach kids recipes you already know or search online for kid-friendly recipes. Here are some ideas to get you started: <https://tasty.co/article/melissaharrison/cooking-with-kids>. A fun idea to change things up is to spend a day making miniature foods – think tiny grilled cheeses, miniature pancakes, etc. Your local Healthy Kids Site offers free cooking classes for families – check out the schedule for times!

Look at old family photos. Showing kids pictures of them as babies, or even of you as a child, can be a great bonding activity! You can also tell stories about the pictures to make it more exciting.

Learn origami. Origami is a Japanese art where you turn pieces of paper into beautiful pieces of artwork. Here are some ideas to get you started: <https://www.easypeasyandfun.com/easy-origami-for-kids/>



Make a cardboard race car or rocket ship. Let your kids zoom through the living room! Work together and use an old box or pieces of cardboard to build a rocket ship or race car. Decorate and let your kids' imagination take them to new places.

Make a family tree. Teach the kids about their family history! With younger kids, this can also be an arts and crafts project.

Learn a magic trick. Abracadabra! Everyone can appreciate a vanishing coin trick or pulling a flower bouquet out of your sleeve. You can even have each member of the family learn a different trick and then put on a show! Here are some ideas to get you started:

<https://www.thesprucecrafts.com/magic-tricks-for-beginners-and-kids-2267083>

Play dress up. Dress up is great for building confidence and imagination. Let the kids pick a theme and then have the whole family dress up. Don't forget to finish with a fashion show!

Build a house of cards. Who can build the tallest structure or the coolest shape?

Have a tea party. Play dress up and invite the dolls or stuffed animals as guests!

Rearrange a room in the house. Moving furniture around can make a room feel brand new. The kids will love to help – especially if it's their room!

Make a time capsule. Add pictures, objects, newspaper clippings, or anything else that reminds you of the current time. Bury it outside and decide when you will dig it up!

Make music. Sing a song or play instruments! Here are some ideas to make your own instruments: <https://www.bbcgoodfood.com/howto/guide/5-instruments-kids-can-make>

Write a letter. Get out some pens and paper and write an old fashion letter. Younger kids can draw pictures! Put it in an envelop, write the address, and mail it or drop it off to a friend, family member, or neighbour.



Indoor or Outdoor Activities.

Make a fort. Making an indoor fort is a great rainy day activity. Using blankets, pillows, chairs, and more, kids can challenge their creativity! Don't forget to spend some time hanging out in your fort with the kids after it's built. Building an outdoor fort challenges creativity even more. Think about trees, rope, blankets, tarps, sleds, and even snow! A finished fort makes a great picnic location.

Read a book. Hanging out together and reading can be a great quiet activity. If it's nice out, stretch out on blankets outside. If it's cold, curl up on the couch with some hot chocolate. You can each read your own books or read a story aloud.

Play hide and seek. Hide and seek can be played inside or outside in a safe location with older kids. Kids will really enjoy searching for their parents.

Do a science experiment. From coke and mento volcanoes to DIY lava lamps... There are many fun science experiments you can try! For some ideas, check here: <https://www.coffeecupsandcrayons.com/science-experiments-kids/>

Fly paper airplanes. Have everyone make their own airplane and see how far you can get it to fly! Try different types, can you get one to do a spin? Here are some instructions: <https://www.foldnfly.com/#/1-1-1-1-1-1-1-1-2>

Collect and paint pet rocks. Searching for the perfect rock is half the fun! Give them names and personalities. You can even build them a home in an old shoe box or other box!



Outdoor Activities

Go on a family walk or hike. Pretend to be explorers! See what interesting things you can spot. Learn the names of trees, plants, birds, or other animals. The fresh air will be good for everyone.

Host a field day tournament. Or just play a few fun field games with the family. There are lots of outdoor field games you might have played as a kid. Three-legged races, potato sack races, egg and spoon race, wheel-barrow race... Here are even more ideas:

https://assets.ngin.com/attachments/document/0055/6044/field-day-games_1.pdf

Go to the library. Visit your local library to borrow books, movies, and more! They also have all kinds of fun (and often free) events for the whole family.

Get the kids to navigate. Getting the kids to navigate can be a fun way to teach older kids about directions. Blindfold the kids and then drive or walk somewhere, making sure they don't peek. Then, tell the kids to try and get you home.

Set up an obstacle course. Work together to build an obstacle course! Try different ways of getting through it. Who is the fastest? Smoothest? Blind folded?

Blow bubbles. You can make your own bubble liquid and wands! To make bubble liquid, add 6 cups of water into a container, then add 1 cup of dish soap and slowly stir. Try not to let foam or bubbles form while you stir. Add 1 tablespoon of glycerin or 1/4 cup of corn syrup and stir until it is mixed together. You blow bubbles with straws or make your own wands with pipe cleaners!

Go on a picnic. Pack up lunch or dinner and take it outside!

Build a sand, mud, or snow castle. Decorate your castle using things from nature like sticks, leaves, or pine cones!