

Sometimes the best way to keep the peace within your household is to entertain your child(ren). Here we have put together some of our favourite family-friendly activities, recommended by families, to help you to enjoy time together, regardless of age, and create precious memories.

## Enjoy the great outdoors!

**“We enjoy a family bike ride as we can all get out and get some fresh air”**

Go for a family bike ride – take a picnic and make a day of it.

Enjoy a family walk – why not explore a new walk or area you can visit?

**“We are lucky we have the beach nearby, even on a rubbish day we still enjoy a walk and when the weather is nice we can make a day of it.”**

Be a tourist for the day. Take the train and visit a local area or attraction you haven't been to before.

**“We enjoy going for a hike in the countryside”**

Create a list of items for your children to find or see on a walk

**“With younger children the local park is our haven!”**

Go have a kick about in the park, play rounders, shoot some hoops

Introduce your children to some of your outside hobbies, be it fishing, gardening, bowls

Go camping

Fly a kite

Visit a zoo or farm

Go to a theme park

Go horse riding

Take a ride on a steam train



**“The kids have really enjoyed planting their own veg, watching it grow then eating it!”**

Go fruit picking

Enjoy your garden, make a herb garden, grow some veg, make a bug hotel or a bird feeder

Explore some local caves or other attractions

Go to a festival

Watch a sporting activity

## Get active!

There are many choices for families to do so check out your local area to see what is available for you but here are some ideas –

**Go Ape/Treetop adventure/adventure trails/zipwires**

– fun adventure treks for the whole family to enjoy.

**Escape rooms/Break out/Crystal Maze**

– allows the family to work as a team.

**Enjoy a water park**

**Go Karting/racing**

**Paintballing/Laser Quest**

**Bowling**

**Surfing**

**Canoeing/kayaking**

**Archery**

**Trampoline or inflatable centres**

**Go rock climbing or find a local wall climbing centre**



## Get competitive!

**Create your own food competition**, whether it's Bake Off, Masterchef or Hells Kitchen, enjoy some teamwork or healthy competition. You could invite other family members or friends over to judge.

**“We had each of us take a child and create a cake and then a quick video chat to Grandma to choose the winner! The kids loved it!”**

**Make up a quiz and put the family into teams** – it could be general knowledge, guess the song, what am I drawing, the list is endless

**Play an old fashioned board game.** Popular ones include Monopoly, Cluedo, Yahtzee.

**“We like playing cards, we have a whole family championship going on”**

**Play online together**, whether it's a football match or racing game, sing off or dance off, there are plenty of family-friendly games where everyone can take part and have fun.

## Relax!

Grab some popcorn and watch a film together or go to the cinema

Jigsaws

Go and see a show

## Other ideas

Put on a show or let your children show an act and the parents can judge.

**“We played Britain’s Got Talent with each child showing a talent and the parents as judges. My husband loved being Simon Cowell!”**

Visit a museum or gallery

Go through some old photos and create a slideshow or recreate an old picture

Make or build something – make a fort, den, castle

“One weekend we decided to go out for lunch and we had a really nice time just chatting, without phones and enjoying a different environment. The kids really enjoyed it.”

Create your own science experiments

Sing/read

## Family time

Why not let your kids choose an activity? Whether it is revisiting an old favourite or exploring something new, let them decide. If you have more than one child, why not let them have a day each and spread them out? It gives them something to look forward to.

Try something new each month. Keep a day free one weekend of every month and do something together. Vary the choices and take advantage of the weather.

Why don't you all learn a new skill together? It could be something crafty, a new sport, learn to cook (or learn a new culinary dish) new language (and you go visit the country afterwards!) Astronomy where everyone can work and learn together.

Aim for a target, maybe you could all take up a new sport or participate in a local run. Helping each other to get better and enjoying a sense of achievement together can be really rewarding.

## **Get silly with your family and enjoy some of these activities**

### **Chubby Bunny**

A childhood favourite. How many marshmallows can you fit in your mouth without eating any and still be able to say chubby bunny? The winner is the person with the most marshmallows.

### **After Eight game**

Place an After Eight (or any chocolate covered biscuit) on your forehead and attempt to get it into your mouth without using your hands. Quickest to complete the challenge is the winner.

### **Chocolate game**

Another favourite. Get a big bar of your favourite chocolate and keeping it in its wrapper place in the middle with a knife and fork, some gloves, a hat and a scarf. Sit in a circle and roll a die. When you roll a six, run into the middle of the circle, put on the gloves, hat and scarf, pick up your knife and fork and try and cut some chocolate to eat before someone else rolls a six and takes over.

### **Tongue twisters**

Who is the champion of tongue twisters and how fast can you say them?

### **Don't laugh**

Sitting opposite a family member the aim is to try and make that person laugh. How long does it take?

Whistling contest. Who can whistle the loudest, longest or whistle a whole song?

### **Spoon on a nose**

Simple but fun, who can balance a spoon on their nose? You can't use your hands!