

We are Family

Activity Cheat Sheet

Freeze Dance Rhyme Dance: Crank the tunes and let the dancing begin. Unlike the regular game though, when the music stops, a designated person calls out a word. If the other dancer(s) can't respond with a word to rhyme with it within a designated time period (say five to 10 seconds), that person is out.

Family Summer Bucket List: Create a list of all the things you want to do as a family this summer. Ideas could include- picnics, making smore's, go fishing, the possibilities are endless.

4 Square: Draw your own 4 Square court with chalk, mark a number from 1 to 4 in each square, and use a bouncy ball to play this fun game. Each player stands in each of the squares, and the player in square 4 starts by bouncing the ball in their square and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player. The ball must bounce in the receiving player's square once and they must hit it to another player before it bounces a second time. If the player misses a square or the ball bounces a second time before they hit it, they are "out". If there are more than 4 players, the player who is out goes to the end of the line of waiting players. If there are only 4 players, the player who is out would move to the next lowest position, 4 being the highest square.

Time Capsule: Find a jar or a box (like a pickle jar). Fill it with fun memories (objects, hand written stories, pictures, crafts, etc.) Hide or bury your capsule. Set date to rediscover in the future.



Hula Hoop Competition: This activity is an all time favorite for us. The objective is to hula hoop for the longest time. If you have one hula hoop, use a stopwatch to time each participant. If hula hooping shows to be a bit difficult, you can modify the competition by hula hooping with your arms or legs. Creativity can make this activity a great time for all ages!

Treasure Hunt: In order to play this fantastic game, a facilitator must write down the clues (listed below) and hide them throughout the house where they lead to. Keep the first clue to give to the participant and then hide the rest in order. For the final clue, hide a “treasure” where the final clue leads. This treasure can be in many forms. It can be a snack such as fruit snacks or candy, it can be a book, it can be a toy (new, used, or confiscated), a game, a craft or craft supplies, possibly even money. Feel free to change this treasure hunt however you please. This could possibly be a simple task written on the clue that must be completed before going to the next clue (like 10 jumping jacks, spin around three times, for younger kids it can be reciting the alphabet, spelling, etc.).

List of clues:

- Go to the place where you lay your head, be warned that it might not be your bed
 - *Hide this clue where the participant may take a nap that is not their bed*
- Now that you have been to the place that you sleep, look inside the thing that you put on your feet
 - *Hide this clue in the participant's shoe*
- Now that you have found this in your shoe, go to where you get sparkly and new
 - *Hide this clue in the shower*
- Now that you are at the shower, go to where you can find some flour
 - *Hide this in the kitchen, even if you don't have flour, put this clue where flour would be*
- Now that you are where you cook, go to the place where you give yourself a look
 - *Hide this on or at a mirror*
- Now that you can see your face, go to your eating place
 - *Put this clue in your house where the participant usually eats*
- Your belly is full and now you can think, go to the place that you can get a drink
 - *Hide this clue in the fridge*
- Now that you are where things are cold, go to where you enter your home
 - *Hide this at a door that leads to outside the house*
- Now that you are where you can leave, go to the place that you keep things with sleeves
 - *Hide this in a dresser or closet that they keep their clothes*
- You're almost there, it is almost done, go to where your family has fun
 - *This clue is open to end anywhere you would like, wherever your family gathers together. This is where you can hide your treasure*

