

Free!

6 Ideas

for

Family Night Activities



Plus Printables!

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Need Some Ideas for Family Night Activities?

Feeling more connected to technology than your own family? Take back your relationships and reclaim your family life by instituting Family Night.

Family Night Defined

The good news here is that there is really no definition for what family night need look like. It can be a pick-up game of baseball in the yard, biking, game night, movie night, hiking, volunteering or whatever your family likes to do.

Family Night is an evening designated by parents (usually) when everyone in the immediate family clears their busy social calendars to spend time with each other. You may wish to have Family Night every week, for example, every Thursday night. Parents make it clear that all family members are to attend.

Family Night through the Years

Start this habit when your kids are young, and it will become part of the routine. You may need to be flexible as the kids grow and get busy with sports and work, but it's great to institute family night even when the kids are teens. It need not be weekly, just decide what will work best for your family.

One of the jobs parents have is to keep family interaction as positive, illuminating, and fun for the kids as possible. Spending time regularly with family members provides opportunities to re-connect and instills the value of family in children. Regular Family Nights enable you to accomplish these goals. The family that creates memories together and laughs together, stays together!

What Can You Do For Family Night?

Whatever you'd like, of course!

Here are a few ideas to get you started:

1. **Cook dinner together.** For example, your teenage son can make the salad, your daughter sets up the table, Mom cooks the entrée, and Dad has the side dishes under control.
2. **Watch a movie.** Have dessert, popcorn, or other snacks after dinner while relaxing and watching the movie.
 - Let the kids take turns picking the movie.
 - Or you might select a film you believe covers educational or interesting topics to discuss with the kids after viewing.
 - Of course, you can also go out to a movie theater to watch a film on Family Night.
3. **Go out to dinner.** Let each member of the family take turns selecting where you'll go to dine.
 - *Make it fascinating, fun and educational* by introducing the kids to a cuisine of a different culture each week.
4. **Take part in a fun activity together, like walking, biking, or playing baseball.** Incorporating healthy physical activities into your weekly Family Night is smart because kids learn to enjoy regular exercise and focus on physical health as a family. Physical activity will also ramp up endorphins in everyone's brain, making for a happier AND healthier family. It's a win-win.

5. **Occasionally, do a family project together.** Family Night might also be spent with the family working together to complete a project around the house.

- Painting the driveway, pulling weeds and trimming plants outdoors, or even washing the car are examples of projects that families can do together on Family Night.
- When a family works together, children can learn all kinds of important lessons about teamwork, perseverance, correcting errors, and feeling pride about a job well done.
- ***I think it goes without saying, but it's best not to do a work project every week. Mewh!***

6. **Vary your Family Night activities.** Try something different each week.

- You could post a short list of things to do and let the kids take turns picking the weekly activity.
- Use our Family Night Planner to generate your own ideas!

Having regular Family Nights are important to the development of a well-functioning, happy family. With these ideas and your own adventurous spirit, you and your family can enjoy many wonderful experiences. Discover the joys of scheduling regular Family Nights together.

Family Night Planner

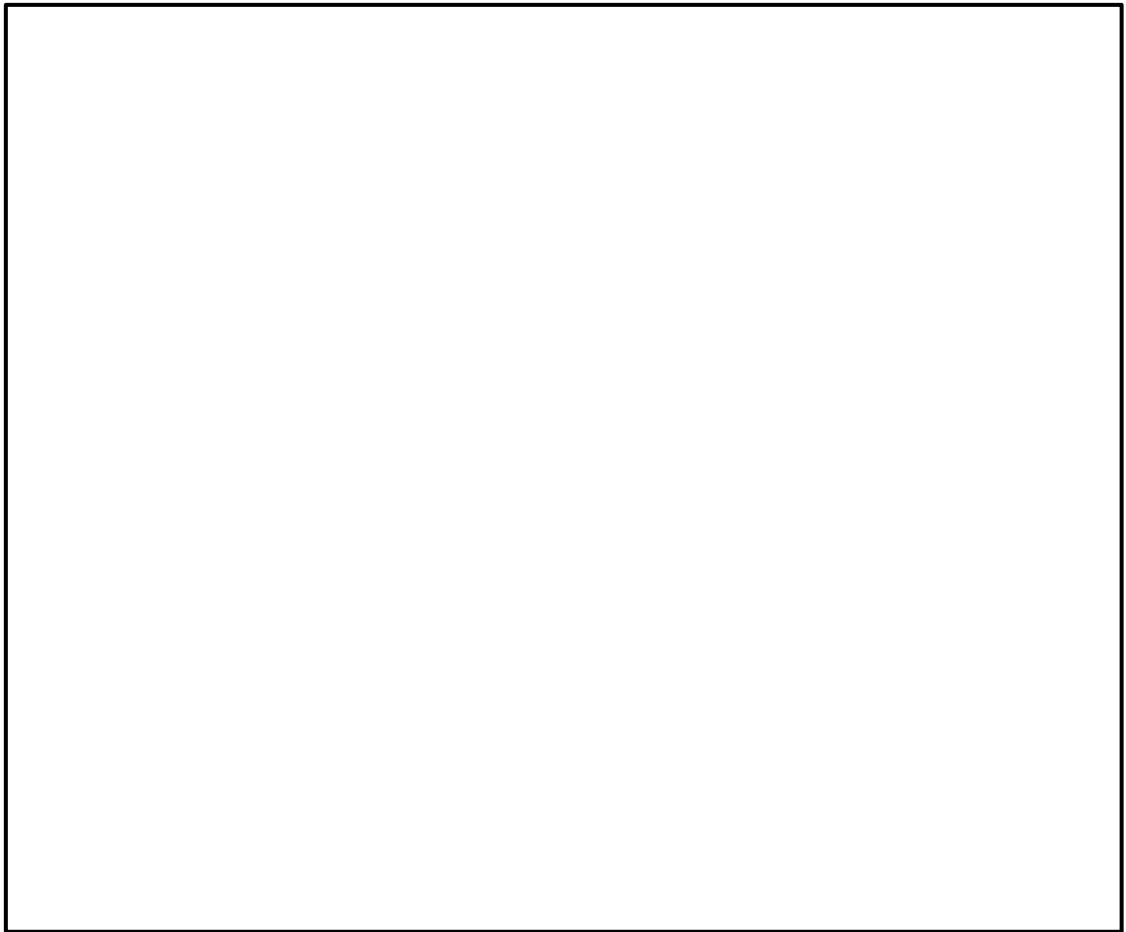
The next few pages have the forms on which you and your family can put your own ideas for a Family Night.

One page has blank lines for writing down ideas, while the next page has a place for younger children to draw their ideas. Make as many copies as you need.

Have fun!

Family Night Ideas

Draw a picture of what you would like to do for family night:





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