

50 Quick Ideas to Promote Positive Connections at Home

1. Sing
2. Videocall a relative
3. Massage night
4. Joke night
5. Play a board game
6. Have a staring contest
7. Eat at the dinner table together
8. Draw a family tree
9. Colour in together
10. Do a jigsaw puzzle together
11. Dress up for dinner
12. Keep a bird watch journal
13. Look at photos together
14. Do origami
15. Play pencil & paper golf
16. Listen to an audiobook together
17. Play 'the floor is lava' game
18. Build a cubby
19. Practice gratitude
20. Write messages on the footpath
21. Go for a walk
22. Plan a holiday
23. Spread positivity
24. Have a backyard picnic
25. Bake a cake together
26. Start an ant farm
27. Plant some seeds
28. Start a new compost bin
29. Donate toys/clothes to others
30. Try a devices/TV/lights free evening
31. Check out this website: northshoremums.com.au/fun-home-activities-with-kids
32. Build a House of Cards
33. Practice a fire drill
34. Remember a holiday place
35. Try home yoga
36. Watch a funny movie together
37. Play a lolly game. Use a dice and 5 lollies each. Each player takes turns to roll. Roll a 1: eat one of your lollies, Roll a 2 or 3: pass one of your lollies to the left, Roll a 3 or 4: pass one of your lollies to your right, Roll a 5: keep your lolly, Roll a 6: choose another person's lolly to eat.
38. Make a time capsule
39. Watch the sun rise together
40. Walk in the rain
41. Find the Southern Cross
42. Check out these virtual world tours: northshoremums.com.au/virtual-tours-of-places-around-the-world
43. Invent a family Coat of Arms, motto or song
44. Write a story/poem together
45. Play a card game
46. Learn from mistakes
47. Check out The Resilience Project website: theresilienceproject.com.au
48. Have a scavenger hunt
49. Start collecting something together
50. Practice breathing exercises