Family Togetherness

Family conversations are important.

Family bonding is important.

You are not alone.

Parents are the number one influence in kids lives.

Talk. It matters!

You’ve got this!

24 Hour Crisis Line 913-268-0156
jocogov.org/mentalhealth

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CONVERSATION STARTERS

- What do you want to be when you grow up?
- Best thing, worst thing. Go around the table and ask each person to share the best thing about their day and the worst thing about their day.
- If you could have any super power, what would it be?
- Name 3 foods you would never eat.
- What is your dream job?
- What is the thing you worry about most?
- What are you most thankful for?
- What is the best gift you've ever received?

FAMILY ACTIVITIES

Build a fort
Create a fort in your living room out of blankets.

Go on a hike
Get outside and enjoy time together. Make your hike fun by playing eye spy.

Have an indoor picnic
Grab a sheet, whatever food you have, and enjoy a living room picnic. You can even play a memory game at the same time. Each person takes turns remembering (in order) what everyone is bringing and then adds one thing each turn. Start with: “I’m going to a picnic and I’m bringing…”

CONVERSATION STARTERS

- What is your favorite movie?
- What is the best book you’ve ever read?
- Describe the person sitting to your right in 3 words. Keep it positive.
- What is your least favorite chore?
- What is your favorite thing about our family?
- What is your all-time favorite toy?
- What is the hardest thing about being your age right now?
- If you could live in any state, which would you choose? Why?
- Describe your life 10 years from now.

FAMILY ACTIVITIES

Go for a walk
Head out as a family and enjoy the fresh air!

Create an obstacle course
Create a fun obstacle course, indoors or outdoors, and test your skills in a friendly family competition.

Learn magic
Suprise your friends and family and learn some magic tricks.

Create a time capsule
Put things in that are happening right now and open it in 12 months and see how things have changed!
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CONVERSATION STARTERS

- If you could pick any age and stay that age, how old would you be?
- What do you know more about than your parents?
- How can you tell when you're grown up?
- What is your favorite place in our home?
- What is your most favorite fast food restaurant? What is your least favorite?
- What is your greatest strength? Why?
- Would you ever change your name? If so, what would your new name be?
- What makes you feel loved?

FAMILY ACTIVITIES

Enjoy gardening fun
Everyone gets their own pot, planter. Herbs and salad leaves are quick to grow, and most kids enjoy eating what they have grown!

Tongue twisters
Take turns saying tongue twisters and see who can say them the best. Try this: "If two witches were watching two watches, which witch would watch which watch?"

Set up a treasure hunt
Hide anywhere from 10-20 items around the house. Come up with clues to help them find them, then let the fun begin!

CONVERSATION STARTERS

- What motivates you?
- Think of the people you respect the most. What is it about them that you respect?
- What is your favorite dessert?
- If you could create a new holiday, what would it be called and what would it celebrate?
- What is your favorite number? Why?
- What do you do to get yourself out of a bad mood?
- If you could design your own school, what would it look like?
- What's one of your favorite jokes?
- If we all lived in a zoo, what animals would we be?

FAMILY ACTIVITIES

Bake together
Cookies, cakes, brownies. Anything! Baking is a great lesson in measuring ingredients and of course, making delicious goodies.

Play cards
Rummy, War, Go Fish, Solitaire, Uno, Old Maid... Any game you can think of!

Put a puzzle together
Break out the jigsaw puzzle!

Play charades
No talking. Just you and your family acting something out.

Host a paint night
Grab some canvases or paper, brushes, paint and start creating!
**CONVERSATION STARTERS**

- What would you do if you could fly for a day?
- If you could be a character from any book, what character would you be?
- If you could invite any person to dinner, who would you invite?
- If you could take a trip anywhere, where would you go?
- If you were a great inventor, what would you invent?
- Where in the world would you most like to live?
- Name three things you are grateful for.

**FAMILY ACTIVITIES**

**Make a pizza**
It’s miscallaneous toppings night. Whatever you have laying around the house, that’s what’s going on your homemade pizza!

**Make a vision board**
Fill it with images of what you want this year to be, then hang it on the fridge or somewhere where everyone in the family will see it often.

**Go fishing**
Fishing is a great outdoor activity. Don’t forget your fishing poles and bait!

**Try star gazing**
On a clear night, head outside for some star gazing. See if you can recognize any of the well-known constellations.

**CONVERSATION STARTERS**

- Which of the four seasons do you like best and why?
- What sound really bothers you?
- Who is the funniest person you know? Why?
- Describe yourself in five words.
- What's your favorite family tradition?
- What are you most proud of?
- How were you kind to someone today?
- What's one thing you're really good at?
- Pretend you could be a teacher: what rules would you have in the classroom.

**FAMILY ACTIVITIES**

**Get artsy with chalk**
Let the kids loose on your pavement or driveway, with some pavement chalk, and stand back and watch their creations unfold!

**Run a lemonade stand**
A lovely summer’s activity and a great way for your kids to learn about money. All they need is a table/box, sign, paper cups, jug, and lemonade.

**Read-a-thon**
Create a challenge to see how many books/chapters can be read during the day.

**Make a home movie**
The movie can be about everyday tasks or you could dress up and bring out the inner actors in you and yours!