

July Family Adventures

Have a popcorn and movie night. Treat your kids to a favorite movie from your childhood.

Challenge the family to a backyard track meet. Have foot races, relay races, or a long jump competition.

Do bark rubbings and try to identify the trees in your neighborhood or a local park.

Make a simple meal and have dinner outside.

Make collaborative drawings. Start a picture and pass it on to the next person. Keep passing until everyone has contributed.

Play charades or another old-fashioned game.

Start a gratitude journal. Have each family member record things that make them grateful every day or once a week.

Finger paint. Yes, even mom and dad. It's fun!

Go on a pattern hunt. See how many patterns you can find, both indoors and out.

Have a joke-off. Learn a few new jokes and make each other laugh.