

# 100 Bonding Activities for Families

## Arts & Crafts

1. Make DIY Playdough
2. Fingerpaint masterpieces
3. Make bookmarks
4. Decorate picture frames
5. Make friendship bracelets
6. Paint pottery together
7. Make sock puppets
8. Design your own wrapping paper
9. Make greeting cards
10. Upcycle jars into vases

## Outdoor Adventures

1. Go geocaching
2. Ride rollercoasters
3. Visit a corn maze or pumpkin patch
4. Go sledding
5. Make s'mores by a fire
6. Rent a canoe or kayak
7. Take a train ride
8. Go horseback riding
9. Attend an outdoor festival
10. Visit a botanical garden

## Game Nights

1. Hold a family game tournament
2. Make your own board game
3. Play Two Truths and a Lie
4. Have a Jenga competition
5. Play Guess Who or Hedbanz
6. Do mystery puzzles
7. Play flashlight tag
8. Set up a bowling alley
9. Play balloon volleyball
10. Create obstacle courses

## Cooking Together

1. Make homemade pizza
2. Bake cupcakes and decorate
3. Meal prep/cook for the week

4. Try new ingredient or cuisine
5. Host a chopping competition
6. Whip up smoothies
7. Make homemade ice cream
8. Prepare a picnic spread
9. Decorate cookies
10. Juice fresh fruit and veggies

### **Family Traditions**

1. Make tie-dye shirts
2. Create your own holiday
3. Make your own wrapping paper
4. Volunteer together
5. Make your own family flag
6. Write a family song
7. Create gratitude jar
8. Decorate onesies for new babies
9. Make photo books
10. Establish reunion traditions

### **Movie Nights**

1. Make popcorn and snacks
2. Build a fort and watch inside
3. Have a Disney sing-along
4. Watch home movies together
5. Make shadow puppets on the wall
6. Act out your favorite scenes
7. Read the book before seeing movie
8. Make your own red carpet awards
9. Write/direct your own movie
10. Hold an outdoor screening

### **Science Experiments**

1. Make oobleck
2. Do the Mentos soda geyser
3. Make a baking soda volcano
4. Grow crystals
5. Extract DNA from fruit
6. Make glow in the dark slime
7. Grow seeds in different conditions
8. Make a cloud in a jar
9. Do robotics and coding
10. Make elephant toothpaste

### **Music & Theater**

1. Put on a talent show

2. Dress up and act out stories
3. Make music videos
4. Have a lip sync battle
5. Form a family band
6. Record a podcast together
7. Make your own instruments
8. Perform puppet shows
9. Put on a magic show
10. Create a dance routine

### **Community Outings**

1. Visit a museum
2. Hike at a nature preserve
3. Tour a local factory
4. Volunteer at animal shelter
5. See a sports game
6. Visit the zoo
7. Help at a community garden
8. Tour a fire station
9. Check out a parade
10. See Cirque du Soleil

### **Seasonal Activities**

1. Decorate the house for holidays
2. Have egg hunts and bunny crafts
3. Make snow forts and snowmen
4. Visit pumpkin patches
5. Watch fireworks on July 4th
6. Dress up for Halloween
7. Make Thanksgiving placemats
8. Drive around looking at Christmas lights
9. Make New Year's resolutions/capsules
10. Host seasonal parties