

Tool Box Tip #7 Strengthen Your Family by Enjoying Free Activities

Here are some ideas!

1. Go to the First Friday Art Walks in Downtown Binghamton
2. Check schedule of Parent Resource Centers for fun activities to do with your child.
3. Visit your local library and:
 - Borrow a children's movie and watch it together (make a bowl of popcorn too).
 - Borrow some books and read them together.
 - Borrow a book on crafts and do a craft project.
4. Make-up stories together, or pretend and act out a story.
5. Help your children dress up in a costume and pretend to be their favorite hero.
6. Pack a picnic lunch and visit a local park.
7. Go to a local playground and play with your children.
8. Ride one or all of the Broome County Carousels!
9. Color a picture and display it on the refrigerator.
10. Make cookies or popsicles with your child.
11. Play a game as a family:
 - Play hide and seek.
 - Create a list of several small things to find and do a scavenger hunt.
12. Make puppets with socks.
13. Go for a walk together around your neighborhood.
14. Play a summer sports activity (badminton, frisbie, croquet, play catch, etc.)
15. Get your family involved in a community project (picking up litter, helping a neighbor).
16. Go for a hike in the woods or at a nature trail and collect leaves, pinecones, etc.
17. Have the children help you plan and plant a vegetable or flower garden.
18. Go camping in your own back yard or even pretend to camp inside by making a tent with a blanket draped over a table or chairs.
19. Look at the stars and try to pick out different shapes and constellations.
20. Listen to music - teach your child to sing - or make up a silly song together.