

Tool Box Tip #7 STRENGTHENING FAMILY BONDS

Here are some ideas for free family activities!

- 1. Go to the First Friday Art Walks in downtown Binghamton**
- 2. Check the schedule of the Parent Resource Centers for fun activities to do with your child.**
- 3. Visit your local library and check out their children's activities:**
 - 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 play 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 go on 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 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 children to sing – or make up a silly song together.**