



## 365 Ways to Spend Time with Your Family!

1. Set family goals for the New Year!
2. Start an exercise program with your children.
3. Invite friends over for breakfast.
4. Watch for meteors.
5. Have an indoor picnic.
6. Put a jigsaw puzzle together.
7. Try a new recipe for dinner tonight!
8. Pop popcorn and watch a movie together.
9. Make a family banner.
10. Study together.
11. Create a list of jokes.
12. Have an indoor scavenger hunt.
13. Make caramel corn.
14. Watch public television together and discuss.
15. Attend a school activity together.
16. Take a family nighttime walk around your neighborhood.
17. Clean out a closet and donate unneeded items to charity.
18. Martin Luther King Jr.'s birthday: learn something about black history.
19. Try a new craft as a family.
20. Give every family member a hug.
21. Exercise together.
22. Go to a movie together.
23. Have Dad share a favorite childhood memory.
24. Prepare dinner together.
25. Make a snow sculpture together.
26. Dig out old yearbooks and share experiences.
27. Read the paper aloud.
28. Rearrange the living room.
29. Perform a random act of kindness for someone.
30. Share something you learned a school or work today.
31. Take pictures.
32. Make your own trail mix.
33. Discuss ice safety.
34. No TV tonight – READ!
35. Have a family game night.
36. Visit a nursing home.
37. Study the clouds.
38. Visit the post office.
39. Listen to classical music.
40. Talk about love.
41. Have a family checkers tournament.
42. Feed some ducks.
43. Have Mom share a favorite childhood memory.
44. Invite a neighbor over for an evening to visit or play.
45. Go for a Sunday drive with your family.
46. Share your heroes.
47. Shovel a neighbor's walk.
48. Go to the theatre. Share what you've learned from the performance.
49. Learn to knit.
50. Eat a green vegetable tonight.
51. Leave love notes for each other.
52. Try a new recipe, involve everyone.
53. Draw a winter scene.
54. Read a new story.
55. Help your child practice giving a report or telling a story.
56. Share a funny story with your family.
57. Go for walk at sunset.
58. Mom's night out. Eat at a favorite restaurant and talk about the best things of the week.
59. Call or visit grandparents.
60. Tell each member in the family you love them.
61. Volunteer to help with a school project or activity.
62. Read about President Lincoln's childhood.
63. Make or write Valentines to family and friends.
64. Have a family fun night.
65. Invite some friends over for a game night.
66. Attend a religious activity.



67. Celebrate President's Day by describing the place where the President lives.
68. Eat at least two fruits today.
69. Stop family put downs.
70. Build a snowman when it snows.
71. Discuss the importance of a good education.
72. Take a walk and look for your shadow.
73. Celebrate George Washington's Birthday by learning something about him.
74. Take a day off from the TV.
75. Bake cookies together.
76. Deliver cookies to your neighbors today.
77. Learn the kinds of seeds different birds eat.
78. Have everyone share a funny story.
79. Build a bird feeder.
80. Describe the kinds of birds that might visit your family's bird feeder.
81. Have Dad read a story aloud.
82. Keep a diary of the birds that visit your bird feeder.
83. Make a snow angel.
84. Have a family fun night...at home!
85. Share dinner preparation with family members and talk about your day.
86. Play a board game after dinner.
87. Eat an orange vegetable.
88. Bake bread and talk about favorite childhood memories.
89. Visit an art museum.
90. Discuss what you saw at the museum.
91. Celebrate St. Patrick's Day – wear green!
92. Go for a drive and enjoy the view.
93. Turn off the TV, radio, phone and computer tonight! Play a game outside!
94. Celebrate the first day of spring by sharing about your favorite flower!
95. Clean up an elderly neighbor/friend's yard.
96. Discuss next summer's vacation.
97. Learn how to weave.
98. Take a family walk and talk!
99. Build a tree house.
100. Start a flower or vegetable seeds indoors.
101. Fill your spiritual reservoir by attending a service or reading a special book.
102. Practice and encourage good posture.
103. Have your child read aloud tonight.
104. Have a family sing-along.
105. Do homework with your children.
106. Pick-up trash in the neighborhood.
107. Read about families of another culture.
108. Star gaze tonight.
109. Talk about a happy family memory.
110. Hunt for butterflies.
111. Tell a make believe story with each person adding a part.
112. Eat a new fruit.
113. Play Scrabble.
114. Talk about important things in your lives.
115. Put together a book of favorite family recipes.
116. No TV tonight, read to each other.
117. Discuss a family favorite book.
118. Look for wild flowers.
119. Share memories of last summer's fun activities.
120. Wash windows together.
121. Go wading a in a creek.
122. Try canoeing.
123. Visit someone who lives alone and share cookies.
124. Clean out the toy box and share unused toys.
125. Go bird watching.
126. Take a walk in the rain.
127. Make sure everyone has the recommended servings of dairy products.
128. Phone a family member just to say "hi".
129. Attend a concert or musical in your community.
130. Take a walk and smell spring flowers.



131. Celebrate Arbor Day by planting a tree!
132. Fly a kite.
133. Design your own wrapping paper.
134. Play charades.
135. Celebrate May Day!
136. Try a different vegetable with dinner tonight.
137. Make a shoe box camera.
138. Visit different parks in town or surrounding communities.
139. Take flowers to a friend.
140. Learn about Cinco de Mayo.
141. Play a game of tennis.
142. Make clay or homemade play dough and create.
143. Swing on swings.
144. Play kick the can.
145. Celebrate Mother's Day – do something special for mom today!
146. Turn the TV off and listen to music on the radio.
147. Eat some fresh fruit today.
148. Read to the elderly at the nursing home.
149. Go to a play or concert.
150. Visit a ghost town.
151. Write a poem.
152. Read an inspirational story or poem.
153. Invite the neighbors over to visit.
154. Discuss life goals with your children.
155. Listen to what your kids did in school today.
156. Wash and clean your family's vehicle.
157. Visit a greenhouse.
158. Plant flowers or a garden.
159. Give a shoulder rub.
160. Make a greeting card for a grandparent.
161. Listen to another family member's concern.
162. Make a weekly grocery list together.
163. Spend an afternoon at the local flea market.
164. Mom's day off! Have your children prepare tonight's meal.
165. Learn about National Forests.

166. Celebrate Memorial Day with a BBQ!
167. Create a family poster.
168. Pick flowers for an arrangement.
169. Get ice cream and eat it in your community's park.
170. Eat 3 servings of vegetables.
171. Start the summer reading program at your local library.
172. Make Popsicle's with fruit juice.
173. Finalize plans for a family vacation.
174. Enjoy a breakfast picnic.
175. Write a family history.
176. Clean out the garage.
177. Make s'mores.
178. Celebrate Flag Day – display the flag and share what it means to you.
179. Go for a bicycle ride after dinner.
180. Make a hammock.
181. Eat two servings of fruit today.
182. Go for an evening hike in the country.
183. Make sure everyone wears sunscreen.
184. Do yard work or garden together.
185. Visit an old church.
186. Draw a map and have a treasure hunt.
187. Talk about positive male role models.
188. Prepare a Father's Day meal together.
189. Paint a picture by numbers.
190. Share your favorite birthday activity/party.
191. No TV tonight, exercise outside tonight.
192. Go swimming together.
193. Visit the zoo.
194. Talk about firework safety.
195. Have a fresh vegetable for dinner (lettuce, carrot, radish, etc.).
196. Discuss the sacrifices others have made for freedom.
197. Watch a fireworks display together.
198. Have a neighborhood ice cream making party!
199. Try canning garden vegetables.
200. Finger-paint or watercolor outside.
201. Sing silly songs.
202. Discuss bicycle safety.
203. Learn about Native Americans.



204. Have a picnic and hike at a State Recreation Area.
205. Find a stream and look for tadpoles.
206. Make a family adventure film on a camcorder.
207. Have everyone share a funny story or joke.
208. Watch the stars together.
209. Go swimming at sunset.
210. Attend a county fair as a family!
211. No TV tonight – listen to relaxing music.
212. Discuss the morals and values that are important to your family.
213. Draw pictures on the sidewalk with chalk.
214. Weed the garden or flower bed together.
215. Go for a train ride.
216. Sit on the porch, deck or just outside and tell stories together.
217. Make a nutritious snack.
218. Visit the state capital.
219. Watch the storm clouds together and describe them.
220. Give positive praise and encouragement to each other.
221. Help wash the dishes or clean the house together.
222. Visit a farm – discuss the animals and crops.
223. Visit family, friends or neighbors.
224. Study Nebraska history.
225. Watch a sunrise.
226. Go on a bike ride and enjoy the scenery together.
227. Discuss something new in your neighborhood or community.
228. Color in a coloring book together in the shade!
229. Have the kids prepare dinner tonight!
230. Walk your dog or someone else's dog.
231. Go shopping for school supplies.
232. Harvest and eat home grown vegetables from your garden.
233. Visit a local farmers market.

234. Take turns reading favorite family stories.
235. Enjoy fresh fruit of the season for snack or dinner.
236. Let your children teach you something.
237. Review safety rules when walking to school or riding the bus.
238. Hike in the country, a state park or along a river.
239. Have a family reunion.
240. Go window shopping.
241. Discuss the importance of school and education.
242. On the first day of school, celebrate with a new family tradition.
243. Spend time with each person in the family today.
244. Look through family pictures.
245. Establish a morning routine, include a nutritious breakfast.
246. Help your children relate what they are learning to "real life".
247. Family game night!
248. Have a watermelon eating contest.
249. Take a nature walk and gather leaves, sticks, nuts or berries.
250. Establish a regular time for homework every evening.
251. Go to a drive-in movie.
252. Try a walk in the rain.
253. Bake a cake.
254. Do something special as family!
255. Play horseshoes.
256. Have a picnic in the park.
257. Celebrate Labor Day with a BBQ at the park or in your own backyard!
258. Have a fresh fruit or vegetable for dinner tonight!
259. Go roller skating, biking or hiking together!
260. Discuss why we should use seat belts and use them.
261. Take a one-day family trip.
262. Have a family gymnastics day.
263. Learn about herbs.



264. Take cookies to an elderly grandparent or neighbor.
265. Visit your school as a family.
266. Go to a farmer's market and buy fresh vegetables for dinner tonight.
267. Make sure everyone gets a hug today.
268. Attend a school or community activity together.
269. Go out for ice cream!
270. Make popcorn and watch the stars!
271. Do yard work for an elderly neighbor or grandparent.
272. Take a walk and collect different leaves.
273. Make something special for your children's teachers.
274. Share dinner with friends tonight.
275. Discuss expectations for children's behavior.
276. Pick a restaurant you have never been to and go out for dinner.
277. Spend special time with each child or nieces and nephews.
278. Encourage children to share their hopes and dreams.
279. Celebrate Walk to School Day - walk with your children to school.
280. Reinforce your child's good decisions.
281. Spend an afternoon picking up litter.
282. Develop a family safety plan and practice it.
283. Take a drive in the country to view the fall colors.
284. Celebrate Columbus Day – learn something new about Columbus!
285. Discuss what happened at school today.
286. Try a new recipe, involve everyone.
287. No TV tonight, play a game!
288. Tell each family member something you love about them.
289. Get to know the parents of your children's friends.
290. Memorize an inspirational quote or verse.
291. Have everyone help with the dishes after dinner.
292. Make popcorn balls.
293. Have a family reading night.
294. Play touch football.
295. Tell ghost stories.
296. Have a family portrait taken.
297. Have a bonfire.
298. Skip stones on a nearby lake or stream.
299. Make some popcorn and watch a funny movie.
300. Attend a school or community activity together.
301. Carve pumpkins together and save the seeds.
302. Roast and enjoy pumpkin seeds!
303. Take a walk and discuss your spiritual values.
304. Have a family fun night – be creative!
305. Have a taffy pull.
306. Make a pizza.
307. Celebrate Election Day – discuss voting rights history!
308. Help your children with their homework.
309. Discuss positive stories from the news today.
310. Volunteer at a nursing home or youth shelter.
311. Go on a hayride.
312. Discuss your family heritage and freedom.
313. Visit a veteran on Veteran's Day!
314. Work on a jigsaw puzzle together.
315. Choose a family holiday service project.
316. Visit a corn maze.
317. Help plan Thanksgiving dinner.
318. Start a rock collection.
319. Make up a round-robin story about telling the truth.
320. Invite a single parent family to dinner.
321. Make a homemade musical instrument.
322. Plant fall bulbs: tulips.
323. Leave love notes for other family members to find.



- 324. Call or visit grandparents.
- 325. Talk about adults who show they care.
- 326. Eat a new fruit or vegetable.
- 327. Plan family holiday activities.
- 328. Celebrate Thanksgiving Day by sharing what you are thankful for.
- 329. Have a family sing-a-long.
- 330. Clean out the closet and donate cold-weather clothes to charity.
- 331. Bake cookies or bread today!
- 332. Make an ant farm.
- 333. Write letters to friends or families that have moved away.
- 334. Give everyone a hug today!
- 335. Visit a tree farm.
- 336. String popcorn and cranberries together.
- 337. Eat 5 fruits and vegetables today.
- 338. Make holiday decorations.
- 339. Write holiday greeting cards to family and friends.
- 340. No TV – relax and enjoy holiday music.
- 341. Wrap presents together.
- 342. Talk about family traditions and why they are important to you.
- 343. Enjoy a special meal together.
- 344. Volunteer to shop for someone who is unable to.
- 345. Attend a community holiday activity together.
- 346. Discuss safety during the holiday season.
- 347. Have everyone identify five gifts that money can't buy.
- 348. Hang a suet ball for the birds.
- 349. Write a letter or make a holiday tape for someone who can't be home for the holidays.
- 350. Make popcorn and watch favorite family holiday movie.
- 351. Attend your children's winter programs at school.
- 352. Read a story to children in your neighborhood.

- 353. Attend a special holiday event or service. Share what you learned.
- 354. Discuss the holiday cards you received and how the sender knows your family.
- 355. Get out and explore the first day of winter, take a walk and notice how short the day is!
- 356. Bake holiday cookies and share with friends and family.
- 357. Drive around and view holiday lights.
- 358. Listen to holiday music as a family.
- 359. Share about your most precious gifts in life.
- 360. Invite someone to share in your family's holiday festivities.
- 361. Write thank you notes for holiday gifts.
- 362. Share holiday stories with friends and family.
- 363. Shovel a neighbor's walk.
- 364. Play a new game or activity with your children.
- 365. On New Year's Eve review the year as a family and set goals for the next year!