

Exercise

1. Take a hike. Go around the block, or up a mountain, down the trail or under the elm trees. Ideally we should walk around 10,000 steps a day.
2. Ride bikes. If the adults don't have them, borrow from the neighbor kids.
3. Play hopscotch. Draw the grid on the sidewalk and challenge your child to see who can win by balancing on one foot.
4. Play tag, red rover, hide and seek, kickball or just run around chasing each other
5. Teach each other the dances of your generation
6. Jump rope. Jumping works all muscles in the body.
7. Run through the sprinklers.
8. Shoot hoops with the neighborhood kids.
9. Go swimming in the creek, river, ocean or plastic pool in the backyard.
10. Water fights are some good summer fun. If balloons don't suit your fancy, there are some new water balls made of sponge that create a splat.

Spend some time together

11. Watch the sunset together and count your blessings. Always end every day with a positive note and nothing makes you more grateful than recognizing how blessed and fortunate you are to have a group of people who love you unconditionally. Tell each other often.
12. Drive down the side roads and see what you've been missing.
13. Visit the nursing homes and listen to the stories of the elders.
14. Take a walk through the cemetery and remember the people who used to live in your community.
15. Write your life story.

Earn money together

16. Have a garage sale. It helps the kids out with math, sorting, organizing, selling, negotiating and making change.
17. Watch videos on [swagbucks](#). That's right. You can earn money for watching youtube like videos on topics from cooking to news.
18. Plant a garden. If you don't have room either plant a flower garden or planter with a tomato plant in the middle and lettuce on the sides. You'll have fresh salad all summer.
19. Restore an old car.
20. Have a picnic at a free band concert in the park.
21. Spend the day picking up after animals
22. Mow lawns.
23. Use [shopkick](#). It will give the kids a scavenger hunt while shopping. The best part is it will pay you in gift cards for your troubles.
24. Work on projects for the state fair. You can win a blue ribbon or even some money.

Volunteer together

25. Spend the day working in the yard of an elderly neighbor.
26. Volunteer as an usher at a play or music recital so that you can get in for free
27. Serve food at a homeless shelter.

28. Gather food for your local pantry. If you use [Ibotta](#), you can even earn money back for your purchases. It will teach children the value of money.
29. See if you can volunteer your time and skills as an adult to one of the local summer camps in exchange for a waived or reduced tuition for your children.

Be crafty together

30. Do a jigsaw puzzle. Leave it out for the whole family to work on.
31. Buy coloring books at the dollar store. Everyone in the family can color and then host an art show.
32. Make a pinata. Cover a large balloon in strips of newspaper dipped in a mixture of glue and water.
33. Build a model.
34. Start a collection.
35. Pipe cleaner people. Give everyone some pipe cleaners and have them build a family and tell a story.
36. Put on a play and invite the neighborhood.
37. Learn to crochet knit or do needlework. Don't know how? Ask a neighbor to teach you.

Be crafty together

38. Build a birdhouse. Check with your local stores for free workshops for kids. Home depot has one every other Saturday.
39. Build a treehouse. This incorporates many life skills and is a wonderful memory maker. Check Craigslists and donation warehouses for free or discounted materials.
40. Check out videos, books and audiobooks at your local library.
41. Read a book together. Take turns reading by the chapter or the page.
42. Easter egg hunt. No matter what time of year, it's always fun to find colored eggs. Fill them with toys, candy or coupons for trips the ice cream store.
43. Have a name- game scavenger hunt. Look around the house, yard or neighborhood for that items that begin with the first letter of their name.
44. Have a treasure hunt. Adults hide clues leading children to the treasure you want them to find.
45. Hide coins in a room you want thoroughly cleaned. As they are collected coins are used to buy prizes like tickets to a matinee movie.

Explore the outdoors

46. Have a sleep out in the back yard.
47. Paint a mural on the garage.
48. Write thank you notes to the public officials that keep our community safe.
49. Visit a national monument.
50. Go fishing.
51. Collect worms off of the sidewalk when it rains. Some you can use for fishing, others you can put in your garden or yard for healthier soil.

Stay inside together

52. Board games are always enjoyable, if everyone can remember the object is to have fun and not compete for the most. Remember the objective is communication, not competition.

53. Card games are a great past time for all family members.

54. A wonderful twist on the card game "Memory" we loved was to have duplicate snapshots of family members made and then laminated. We laid them face down and we would try to find the pairs and clear the board.