

Here are some more family leisure/recreation activities that your family might enjoy:

Daily Family Activities	Larger Family Activities	Other Recreation Activities
<ul style="list-style-type: none"> -Going for a family bike ride -Taking a family walk -Watching a movie or television show -Playing a sport (e.g., basketball, kickball, baseball, tennis) -Playing cards or a board game -Completing a puzzle -Asking open ended questions like “what did you learn today?” or “what was your favorite part of today?” are great ways to facilitate conversations within the family 	<ul style="list-style-type: none"> -Taking a family trip/vacation -Going camping -Going white-water rafting -Taking a skiing trip -Going on an overnight hiking/survival trip in the mountains -Going to the beach -Going on a road trip and making extra stops along the way to fun sights/experiences 	<ul style="list-style-type: none"> -Hiking -Bowling -Roller/ice skating -Swimming -Going to the zoo or aquarium -Going on a picnic -Horseback riding -Go putt-putt golfing -Building a family garden and grow vegetables together -Team building activities (e.g., ropes course, group games)