

30 DAY FAMILY ACTIVITY CHALLENGE

DAY 1 <input type="checkbox"/> Create a "Family Expectations" sign	DAY 2 <input type="checkbox"/> Play a DIY charades game	DAY 3 <input type="checkbox"/> Learn a synchronized dance as a family	DAY 4 <input type="checkbox"/> Write a story together	DAY 5 <input type="checkbox"/> Have a picnic (indoor or outdoor)
DAY 6 <input type="checkbox"/> Make a dessert for a neighbor or a friend	DAY 7 <input type="checkbox"/> Dance to some music	DAY 8 <input type="checkbox"/> Make a unique meal together	DAY 9 <input type="checkbox"/> Have a "Minute-To-Win-It" night	DAY 10 <input type="checkbox"/> Play "What's In The Bowl"
DAY 11 <input type="checkbox"/> Make a family time capsule	DAY 12 <input type="checkbox"/> Plan a future family vacation	DAY 13 <input type="checkbox"/> Have a themed dinner (or whole day!)	DAY 14 <input type="checkbox"/> Share an all-time favorite movie	DAY 15 <input type="checkbox"/> Have an at-home Sundae Night
DAY 16 <input type="checkbox"/> Play a game of Tag!	DAY 17 <input type="checkbox"/> Have a Backwards day	DAY 18 <input type="checkbox"/> Make s'mores over the stove	DAY 19 <input type="checkbox"/> Have a card game night	DAY 20 <input type="checkbox"/> Let the kids tuck in the parents
DAY 21 <input type="checkbox"/> Have a Lip Sync Battle	DAY 22 <input type="checkbox"/> Film your own Cooking Show	DAY 23 <input type="checkbox"/> Set up a Yard Relay Race	DAY 24 <input type="checkbox"/> Play Never-Ending Hide & Seek	DAY 25 <input type="checkbox"/> Brush each other's teeth
DAY 26 <input type="checkbox"/> Play "Freeze Dance"	DAY 27 <input type="checkbox"/> Have a Paper Airplane Contest	DAY 28 <input type="checkbox"/> Do an Outdoor Scavenger hunt	DAY 29 <input type="checkbox"/> Draw matching Marker Tattoos	DAY 30 <input type="checkbox"/> Play "Guess the Picture"

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DAY 1

Create a “Family Expectations” sign. For example: “In this family, we... Always say I love you. Never go to bed angry. Aren’t afraid to be silly...” etc. It can be on a piece of paper or (if you’re feeling creative) painted on wood!

DAY 2

Play a DIY charades game! Have each family member come up with 3-5 ideas of people/actions/objects to play. (Even better if you act out all the members of the family!) Put them all in a bowl, then take turns acting them out!

DAY 3

Learn a synchronized dance as a family. You can take turns coming up with moves and put them all together OR look up a YouTube tutorial!

DAY 4

Write a story together. For a quick activity, come up with the story as a whole family around the dinner table! For something a little more involved, set up a notebook on the living room coffee table and take turns writing sentences, paragraphs, or chapters!

DAY 5

Have a picnic (indoor or outdoor!) Not even rain can stop this activity! For an extra fun meal, make a blanket fort, too!

DAY 6

Make a dessert for a neighbor or a friend. Not only will you have fun making it (and stealing samples from the mixing bowl), but you’ll be teaching your kids the importance of generosity, too!

DAY 7

Dance to some music! Want an extra fun time? Have each family member pick a song that they LOVED when they were a specific age (or their favorite song right now).

DAY 8

Make a unique meal together. Have each member of the family decide on one piece of the meal! Sure, breakfast sausage and roasted veggies don’t go together... But it’ll be a night to remember! If this is too far-out for your family, try making a pizza with toppings from each family member!

DAY 9

Have a “Minute-To-Win-It” night. A quick Google search will give you a ton of simple, fun activities to start with! And who doesn’t love a little bit of friendly competition?

DAY 10

Play “What’s In The Bowl.” All you need is a blindfold, a bowl, and random household objects! Take turns picking something to put in the bowl, then have one person guess what it is while blindfolded. It’s even more fun when you get creative!

DAY 11

Make a family time capsule. Have each family member pick one thing to put in the capsule that represents what's going on right now and/or write letters to their future self. Seal it up, stick it in the back of a closet, and set a reminder to open it 1, 5, or 10 years from now!

DAY 12

Plan a future family vacation. Whether you get to go on the vacation someday or not, planning it is half the fun! Except this time, have each member of the family pick one part of the trip to plan. One picks the location, one decides meals to make, one decides restaurants to go to, one decides activities to do, etc.

DAY 13

Have a themed dinner (or whole day!) Pick a country, a celebrity, a family member, or a TV show and then make everything for that dinner or that day around that theme.

DAY 14

Share an all-time favorite movie. Parents, pick a movie that you LOVED when you were younger and share it with your kiddos!

DAY 15

Have an at-home Sundae Night! Instead of going out for ice cream, make sundaes at home! For some extra fun, have each family member pick out one topping to add to the sundae bar.

DAY 16

Play a game of Tag! A great way to get out some energy and laugh along the way. Play until everyone has been it. You can even change it up and play freeze tag, or "everybody's it" tag where it's every person for themselves and you all are trying to tag each other.

DAY 17

Have a Backwards day. Kids, this one's for you! Wear your shirts backwards and have dessert for breakfast and breakfast for dinner. Who knows, maybe you'll do it more often.

DAY 18

Make s'mores over the stove. Get some marshmallows, graham crackers and chocolate for some s'mores indoors. (Pro-Tip: Try using a peanut butter cup for the chocolate!) **Take it up a level and camp inside for the day!** Pull up a bonfire video on YouTube and go around and tell your favorite funny story.

DAY 19

Have a card game night. Everyone gets the chance to bring their favorite card game to the table. Whether it's Go Fish, Uno, Rummy, Hearts or Spades, everyone is bound to have fun. This is also a great way to have your tweens practice explaining how to do something.

DAY 20

Let the kids tuck in the parents. The roles change for the night. Kids, you get to tell your parents whether they need to shower or take a bath before bed, when to brush their teeth and put on PJs. Read to them or make up a bedtime story.

DAY 21

Have a Lip Sync Battle. Choose your favorite song, make a costume and get to dancing! To make the battle more worthwhile if you win, wager chores, extra TV time or what you're having for dinner.

DAY 22

Film your own Cooking Show! You all get to be the star chefs and choose which meal to cook. Set up your phone or camera to record, come up with a name for your show and wow everyone with your cooking skills. Make sure everyone has a job. Someone can be the director, camera person, mixer, chopper, etc.

DAY 23

Set up a Yard Relay Race. From one end of your front or back yard, time how long it takes each person to get there and back doing these different tasks: run, skip, hop on one foot, wheelbarrow (where someone holds your feet and you walk with your hands) and crab walk!

DAY 24

Play Never-Ending Hide & Seek. Choose a funny looking toy or stuffed animal and designate it as the hider! You'll take turns hiding it around the house and put it in everyday places. Think hiding it under a pillow, in a cabinet, in between the shower curtain, etc.,—anywhere that it will be found and then whoever finds it, hides it. This can go on for weeks! Especially if you find a great hiding spot.

DAY 25

Brush each other's teeth. Tonight, you all have to try and brush each other's teeth. Just remember to move your hand before they spit!

DAY 26

Play "Freeze Dance!" Play some of your favorite tunes and take turns after each song being the DJ. When the DJ pauses the music you have to freeze. See who can have the craziest pose without falling over.

DAY 27

Have a Paper Airplane Contest. See who makes the best paper airplane! Maybe you judge based on design, how long it stays in the air or how far it flies. YouTube tutorials are encouraged if you want to take it up a notch.

DAY 28

Do an Outdoor Scavenger hunt. Find two things that are green, spot three things that fly, find a bug smaller than your thumb and which tree has the biggest roots.

DAY 29

Draw matching Marker Tattoos. Decide an animal, word or something in nature that best represents your family and then take turns drawing it on each other. Washable or permanent markers... you decide how long you want it to last!

DAY 30

Play "Guess the Picture!" Take 5 super close up photos of different things around the house or outside. Write them down in order that you took them so you don't forget what they are and have each other guess. Take turns using the phone to snap some pictures.