

**STRENGTHENING FAMILY BONDS:  
Relationship Building Activities for  
Parents/Carers and Children**



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## **About this booklet:**

'Strengthening Family Bonds: Relationship Building Activities for Parents/Carers and Children' is a straightforward and easy-to-follow guide filled with enjoyable techniques, games and ideas that help families grow closer and connect with each other. This booklet is great for families with children of all ages and focuses on fostering attachment, trust, and feelings of safety and security together.

This guide is ideal for foster carers, adoptive parents, and any family who wants to create a strong, nurturing bond with their child. It is packed with a mix of fun and supportive activities that encourage family bonding, open communication, and a warm, united atmosphere.

## **Strengthening Family Bonds Activities:**

### **Family traditions**

Create special traditions that are unique to your family. This could be a special meal, a yearly holiday trip, or a family game night.

### **Family outings**

Take your child on trips that allow you to spend time together outside of the home. This could be a visit to a local park, a museum, or a movie theatre.

### **Theraplay activities**

Participate in Theraplay activities to strengthen the bond and attachment between you and your child. These playful and interactive exercises promote trust, safety, and emotional connections in a positive and nurturing environment.

*Mirror Play:* Sit facing your child and mirror their movements to build attunement and connection through nonverbal communication.

*Tracing Hands, Feet, or Body:* Help your child create a fun picture by tracing their hands, feet, or body on a piece of paper. Talk to them about what you are doing while tracing and encourage them to colour the drawing.

*Balloon Volleyball:* Work together with your child to keep a balloon in the air by hitting it back and forth.

*Playful Chasing:* Chase your child playfully, and let them try to get away.

*Sharing Food:* Share food with your child, taking turns feeding each other bites.

*Cooperative Puzzle Play:* Work together with your child to complete a puzzle.

*Playful Roughhousing:* Engage in playful roughhousing, such as tickling or wrestling.

*Silly Ways to Cross the Room:* Stand at one end of a room with your child and decide on a fun way to cross to the other side, like hopping, tiptoeing, crawling, or pretending to be different animals.

*Hand Massage:* Take turns giving each other a hand massage.

*Magnet Match:* Sit across from your child with your hands together in the middle and swing your arms back and forth. Call out a body part and have your child match it with yours, like putting thumbs or noses together like magnets.

*Sensory Play:* Engage in sensory play with your child, such as playing with sand, water, or playdough.

*Simon Says:* Take turns being the leader and giving instructions starting with "Simon says" which the other person needs to follow (e.g. Simon says: Jump!). Occasionally give an instruction without saying "Simon says" (e.g. Jump!) - the other person is not allowed to follow the action when "Simon" doesn't say it!

*Emotional Check-in:* Take turns sharing how you and your child are feeling and why.

*Funny Face Copy:* Make a funny face at your child and have them copy it.

*Imaginative Play:* Engage in imaginative play with your child, such as pretending to be pirates or astronauts.

*Pretend Fortune Telling:* Playfully pretend to tell your child's fortune by taking their hand in yours and saying positive and playful things.

*Slow-Motion Play:* Move in slow motion together, either in silence or with music.

*Affectionate Play:* Engage in affectionate play, such as hugging, snuggling, or kissing.

*Hand Clapping Games:* Engage in hand clapping games like Patty Cake or find different hand clapping patterns for older children.

*Collaborative Drawing:* Take turns adding to a drawing or painting, using your own ideas and styles.

*Balloon Volley:* Use a scarf or a long piece of cloth to play a game of balloon volley together. Hold onto opposite ends of the scarf or cloth and use it to blow a balloon back and forth, trying not to drop the balloon.

*Trust Falls:* Let your child fall backwards into your arms, trusting you to catch them.

*Hand/Footprint Art:* Use child-safe paint to create handprint, fingerprint, or footprint pictures.

*Mindfulness Walk:* Take a walk together, focusing on the sights, sounds, and sensations around you.

*Guided Imagery:* Guide your child through a relaxation exercise or guided imagery, helping them to visualise and connect with their emotions.

*Crazy Dress Up:* Take turns dressing up in silly outfits or costumes, using items from around the house.

*Dance Party:* Have a dance party with your child, playing their favourite music and dancing together.

*Silly Faces:* Make silly faces at each other, trying to make each other laugh.

*Balloon Animal Challenge:* Try to make balloon animals or shapes using balloons and instructions from online videos.

*Animal Sounds:* Take turns making animal sounds, trying to guess which animal the other is imitating.

*Pillow Fight:* Have a pillow fight, using pillows from around the house.

*Name That Tune:* Take turns humming or singing a song, and have the other person try to guess the name of the song.

*Pictionary:* Take turns drawing pictures and trying to guess what the other person is drawing.

*Bubble Play:* Blow bubbles together, trying to catch them and pop them.

*Sculpture Making:* Use playdough or clay to create sculptures or objects.

*Charades:* Take turns acting out a word or phrase, and have the other person try to guess what it is.

*Karaoke:* Sing karaoke together, using a karaoke machine or online videos.

*Sensory Bin Play:* Explore a sensory bin filled with different materials, such as rice, beans, or sand.

*Piggyback Rides:* Give your child a piggyback ride around the room or outside, promoting physical closeness and trust.

*Rocking:* Hold your child and rock back and forth, providing a soothing, rhythmic motion that can promote relaxation and bonding.

*Puppet Show:* Put on a puppet show together, with you helping your child manipulate the puppets.

*Body Part Song:* Sing a song that mentions different body parts, and touch those body parts as you sing.

*Foot Massage:* Give your child a foot massage, using lotion or oil and focusing on gentle touch.

*Face Painting:* Paint each other's faces, promoting physical touch and creativity.

*Wrestling over the child:* One parent holds the child's legs while the other holds them under their arms. The two then gently tug the child in their own direction while playfully shouting: "He's mine!", to which the other responds, "No, he's mine!". They repeat the action.

*Family Hug:* Two parents and the child stand facing each other and hug each other tightly.

*Circle of Safety:* The two parents and the child sit in a circle facing each other. One parent starts by saying something they are grateful for about the other parent or the child, then passes a ball or object to the next person who does the same.

### **Pet adoption or fostering**

Consider adopting or fostering a pet as a family and taking care of it together. This can be a great way to teach responsibility, compassion, and bond over a shared love for animals.

### **Creative writing**

Engage in creative writing activities together, such as writing stories or poetry. This can be a great way to express emotions, explore creativity, and bond with your child.

### **Random acts of kindness**

As a family, decide to perform random acts of kindness.

Examples:

- Baking cookies for neighbours.
- Donate used clothing, toys, or books to a local charity.
- Write letters or draw pictures for residents in a nursing home or hospital.
- Leave encouraging notes in public places, such as on a park bench or in a library book.
- Collect and donate pet food and supplies to a local animal shelter.
- Make homemade bird feeders and hang them up in a nearby park.
- Pick up litter in a local park or beach.

## Family karaoke

Have a family karaoke night, singing your favourite songs together. This can be a fun way to promote self-expression, boost confidence, and create shared experiences.

## Volunteering

Engage in volunteer activities together. This could be helping at a local food bank, participating in a charity walk, or visiting a nursing home.

## Scrapbooking

Create a family scrapbook together, using photos, ticket stubs, and other memorabilia to document your family's memories. This can be a great way to reflect on your journey together, promote creativity, and create shared experiences.

## Language exchange

If your child was adopted from another country, practice language exchange and learn each other's language. This can be a fun way to promote cultural awareness, learn new skills, and create shared experiences.

## Sharing emotions

Engage in activities that encourage children to share their feelings and emotions:

*Feelings jars:* Create a feelings jar by decorating a jar with your child and then filling it with different coloured pom poms. Each colour can represent a different feeling or emotion. Encourage your child to add pom poms to the jar as a way to express and process their emotions.

*Emotion posters:* Create posters with different emotions, such as happy, sad, angry, and scared. Encourage your child to point to or circle the emotions they are feeling, and discuss why they are feeling that way.

*Emotion check-ins:* During an evening family meal, incorporate emotion check-ins by asking each family member to share one emotion they experienced that day and the reason behind it.

*Emotion wheels:* Create emotion wheels with your child by drawing or printing out circles and labelling each section with a different emotion. Encourage your child to spin the wheel and talk about how they feel.

*Worry dolls:* Use worry dolls or worry monsters to help your child process their worries and fears. Guidance for children:

- *Before* going to bed, take your worry dolls out and hold them in your hand.

- Tell your worry dolls about your worries or anxieties. You can whisper or talk to them quietly.
- After telling your worries to the dolls, place them under your pillow.
- While you sleep, the worry dolls will take away your worries and help you feel better.
- In the morning, take the worry dolls out from under your pillow and put them away in a safe place until you need them again.

*Worry monsters:* A worry box can help children manage their worries and anxieties. Guidance how to use it:

- Find a suitable container: You can use any type of box, jar, or container for the worry box. It should be small enough for your child to hold and decorate, but big enough to hold slips of paper.
- Decorate the box: Let your child decorate the box with stickers, markers, or other decorations. Encourage them to make it their own and express themselves through their design.
- Write down worries: Encourage your child to write down their worries on a slip of paper and place it in the worry box. They can do this whenever they feel anxious or overwhelmed.
- Let go of worries: Once your child has written down their worry and put it in the box, encourage them to let it go. Remind them that the worry is now in the box, and they don't have to carry it around with them anymore.
- Review worries: Set aside a regular time to review the worries in the box with your child. This can be a good opportunity to talk about their worries and find ways to address them.

*Feelings scavenger hunt:*

- Explain to your child that you're going to have a feelings scavenger hunt, where they will find items that represent different emotions.
- Make a list of different emotions (e.g. happy, sad, angry, excited, scared) and explain what each one means.
- Ask your child to choose one emotion from the list and find an item in the house or outside that represents that emotion to them. For example, if they choose "happy," they might find a picture of themselves smiling.
- Encourage your child to be creative in their choices and explain why they chose each item.
- Repeat the process for each emotion on the list.
- After your child has found items for each emotion, sit down together and talk about the different emotions and why they are important to acknowledge and express.

*Feelings collage:* Create a collage with your child using different materials to represent different emotions. Discuss each emotion as you add it to the collage.

*Feeling faces:* Create a chart or drawing of different feeling faces, and encourage your child to point to or circle the emotions they are feeling.

*Feelings charades:* Play a game of charades where each family member acts out an emotion for the others to guess. This can be a fun way to encourage emotional expression and communication.

*Emotional storytelling:* Create a story with your child that focuses on different emotions and feelings. Discuss how the characters are feeling and why, and encourage your child to share their own emotions and experiences.

*Emotion walk:* Take a walk together as a family and discuss how different things make you feel, such as seeing a beautiful sunset or smelling fresh flowers.

*Empathy exercises:* Practice empathy exercises with your child, such as putting yourself in someone else's shoes or imagining how others might feel in certain situations.

*Feelings jar swaps:* Create feelings jars with your child and then swap jars with each other. Discuss the emotions and feelings in each other's jars, and share your own experiences and perspectives.

*Feelings journaling:* Encourage your child to keep a feelings journal where they can write or draw about their emotions and experiences.

*Emotion role-playing:* Act out different scenarios with your child that involve different emotions, and discuss how each character is feeling and why.

*Emotional music playlist:* Create a playlist of songs that represent different emotions, and encourage your child to discuss how each song makes them feel.

*Emotion freeze dance:* Play some music and dance together as a family. When the music stops, everyone freezes and has to show an emotion with their face and body. Take turns guessing what emotions everyone is showing.

*Emotion bingo:* Create bingo cards with different emotions on them, and take turns calling out emotions for everyone to mark off on their card.

*Emotion pillow talk:* Before bed, take turns sharing a positive or negative emotion from the day and why you felt that way. Share how you plan to work through negative emotions and celebrate positive ones.

*Encouraging emotional expression through pets:* If your child struggles to share their emotions with others, demonstrate how to express feelings by talking aloud to your family pet. This may encourage your child to follow your lead and open up about their own emotions to the pet.



*Mood meter:* Create a mood meter with different colours to represent different emotions. Ask each family member to indicate how they are feeling by pointing to a colour on the meter.

*Gratitude jar:* Encourage your child to write down one thing they are grateful for each day and place it in a jar. At the end of the week or month, read through the slips of paper together and discuss the positive emotions associated with them.

*Use "I feel" statements:* Encourage your child to use "I feel" statements when talking about their emotions (e.g. "I feel sad because..."). This can help them learn to express their emotions in a clear and effective way.

*Imaginary worlds:* Ask your child to imagine a world where everything is the way they want it to be. Encourage them to describe the world in detail and how it makes them feel.

*Memory sharing:* Ask your child to share a happy or meaningful memory they have. Discuss how that memory makes them feel.

### **Mindful walking**

Go on mindful walks together, paying attention to your surroundings and practicing mindfulness. This can be a great way to reduce stress, promote relaxation, and create shared experiences.

### **Astronomy night**

Attend an astronomy night or create your own at home, exploring the stars and planets together. This can be a fun way to learn about the universe, promote curiosity, and create shared experiences.

### **Natural walk**

Take a walk outside and collect natural materials like leaves, sticks, and stones. Use the materials to make a collage or a sculpture together, or create a nature-themed art piece by drawing or painting what you found.

### **Art projects**

Engage in creative activities with your child such as painting, drawing, or crafting. This can be a great way to express emotions, explore creativity, and bond with your child.

### **Mindfulness activities**

Engage in mindfulness activities together, such as meditation, yoga, or breathing exercises. This can help to reduce stress, promote relaxation, and create a sense of calm.

## **Baking**

Bake together, trying new recipes or making family favourites. This can be a fun way to teach new skills, encourage creativity, and create shared experiences.

### **Celebrate milestone**

Celebrate your child's milestones, big or small. This could be an adoption anniversary day, graduation, a new job, or simply getting good grades.

*Throw a party:* Organise a party with family and friends to celebrate your child's milestone.

*Plan a special outing:* Plan a special outing or activity to celebrate your child's milestone. This could be a trip to the zoo, a day at the beach, or a visit to an amusement park.

*Special gift:* Give your child a special gift to commemorate their milestone. This could be a piece of jewellery, a personalised keepsake, or a new gadget.

*Family dinner:* Plan a family dinner or celebration at home to celebrate your child's milestone. This could be a special meal, a cake or dessert, and a family toast.

*Photo album:* Create a photo album or scrapbook that documents your child's milestone. Include pictures, mementos, and written memories to commemorate the occasion.

*Weekend getaway:* Plan a weekend getaway to celebrate your child's milestone. This could be a camping trip, a visit to a theme park, or a stay at a fancy hotel.

*Commemorative item:* Create a commemorative item that your child can keep as a memento of their milestone. This could be a plaque, a certificate, or a medal.

*Family video:* Create a family video that celebrates your child's milestone. This could be a compilation of family videos and pictures, or a special video message from family and friends.

### **Parent-child dates**

Plan special dates with your child, just the two of you. This could be going out for lunch or dinner, attending a concert, or going to a sporting event.

### **Music**

Explore music together by listening to your child's favourite songs, learning new songs together, or attending concerts or music festivals.

## **Family game nights**

Plan regular family game nights where everyone can participate in fun and engaging games. This can be a great way to build relationships, teamwork, and communication skills.

## **Family scavenger hunt**

Plan a family scavenger hunt, either indoors or outdoors. This can be a fun way to encourage teamwork, promote problem-solving skills, and create shared experiences.

## **DIY home improvement**

Work on DIY home improvement projects together, such as painting a room or building a bookshelf. This can be a fun way to teach new skills, work on a shared project, and create lasting memories.

## **Create a family's memory book**

Create a memory book or photo album together that documents your family's journey and special moments.

*Gather materials:* Collect all of the materials you'll need, such as a scrapbook or photo album, decorative paper, stickers, markers, and photographs.

*Choose a theme:* Decide on a theme for your memory book, such as "Our Family's Journey" or "Our Greatest Adventures." This will help to give your memory book focus and direction.

*Collect photos:* Gather photos that are relevant to your chosen theme. These can be printed out or downloaded from digital devices.

*Create layouts:* Use decorative paper and stickers to create layouts for each page. Be creative and have fun with the design.

*Add captions and descriptions:* Write captions and descriptions for each photo, including dates, locations, and any other important details.

*Include mementos:* Include mementos from special occasions or events, such as ticket stubs, maps, or postcards.

*Add personal touches:* Add personal touches, such as handwritten notes or drawings, to make the memory book more unique and special.

*Organize the pages:* Arrange the pages in chronological order, or by topic, to make it easier to follow the story.

*Share the book:* Share the memory book with family members and friends, and encourage them to add their own memories and photos.

*Update the book regularly:* Continue to update the memory book with new photos and memories as they occur, so that it remains a living record of your family's journey.

### **Learn a musical instrument**

Learn to play a musical instrument together, such as guitar or piano. This can be a fun way to promote creativity, teach new skills, and create shared experiences.

### **Cultural cuisine**

Cook or bake traditional dishes together, exploring new cuisines and flavours. This can be a fun way to teach new skills, promote cultural awareness, and create shared experiences.

### **Photography**

Explore photography together, taking pictures of nature, animals, or family members. This can be a fun way to promote creativity, teach new skills, and create shared experiences.

### **Cooking**

Plan regular cooking or baking sessions with your child. This can be a great way to teach new skills, experiment with new recipes, and bond over delicious meals.

### **Storytelling**

Share family stories with your child and encourage them to share their own stories. This can be a great way to connect with your child, share family history, and encourage creativity.

### **Science experiments**

Conduct science experiments together, such as creating a volcano or making slime. This can be a fun way to teach new skills, encourage creativity, and promote family time.

### **DIY projects**

Start a DIY project together, such as building a birdhouse or creating a scrapbook. This can be a great way to teach new skills, work on a shared project, and create lasting memories.

## **Create a story box**

Fill a box with various objects or pictures and have your child choose a few items to incorporate into a story.

*Use prompts:* Use prompts such as "Once upon a time..." or "There was a magical..." to encourage your child to start telling a story.

*Build on familiar stories:* Use familiar stories or characters and ask your child to create a new adventure or twist to the story.

*Role-play:* Act out stories with your child, using puppets or costumes to enhance the experience.

*Collaborate:* Take turns adding to a story, with each person adding a new sentence or idea.

*Make it interactive:* Involve your child by asking them questions and encouraging them to contribute to the story.

*Draw or paint a story:* Have your child create illustrations for their story, which can help to enhance their storytelling skills and creativity.

*Use technology:* Use storytelling apps or tools to create digital stories, such as Storybird or Toontastic.

*Use different media:* Experiment with different types of storytelling, such as writing, video, or audio recordings.

*Tell family stories:* Share family stories or experiences with your child, which can help to build family history and promote cultural identity.

## **Outdoor activities**

Plan outdoor activities with your child such as hiking, camping, or fishing. This can be a great way to explore nature, build teamwork, and create memories together.

## **Sports**

Play sports with your child or attend their games or competitions. This can be a great way to bond over a shared interest, teach new skills, and build self-esteem.

## **Travel**

Plan family trips together and explore new places. This can be a great way to create new memories, experience new cultures, and bond over shared experiences.

## **Regular family meetings**

Hold regular family meetings to discuss family issues, plan activities, and make decisions together.

*Set a regular meeting time:* Choose a time that works for everyone, and set a regular meeting schedule, such as weekly or monthly.

*Create an agenda:* Create an agenda before each meeting to ensure that everyone knows what topics will be discussed. Encourage family members to contribute to the agenda.

*Rotate meeting leader:* Rotate the role of the meeting leader among family members to give everyone a chance to lead and facilitate the meeting.

*Establish ground rules:* Establish ground rules for the meeting, such as no interrupting, respecting others' opinions, and keeping the discussion focused on the topic at hand.

*Share news and updates:* Allow each family member to share news and updates, such as school or work accomplishments, upcoming events, or changes in schedules.

*Problem-solving:* Discuss any problems or conflicts that have arisen within the family, and work together to find solutions.

*Celebrate accomplishments:* Celebrate accomplishments and successes that have occurred within the family since the last meeting.

*Create family goals:* Create family goals together, such as saving money for a holiday, or completing a home improvement project. Establish a plan for achieving these goals.

*Discuss family values:* Discuss family values and beliefs, and how they can be integrated into daily life.

*End on a positive note:* End the meeting on a positive note by expressing gratitude and appreciation for each other and the opportunity to come together as a family.

## **Family challenges**

Set family challenges or goals together, such as learning a new skill or completing a project. This can be a great way to build teamwork, encourage creativity, and create shared experiences.

## **Family photoshoot**

Hire a photographer or take photos yourself and have a family photoshoot. This can be a fun way to capture memories and create lasting family portraits.

## Family book club

Start a family book club and read books together, then discuss them as a family. This can be a great way to encourage reading, foster a love for literature, and promote discussion and critical thinking skills.

## Family journaling

Start a family journal where each member can write down their thoughts, feelings, or experiences. This can be a great way to communicate, reflect, and bond over shared experiences.

*Choose a theme:* Choose a theme for your family journal, such as "Our Adventures" or "Gratitude Journal". This will help to give your journal focus and direction.

*Set a schedule:* Set a regular schedule for family journaling, such as once a week or once a month.

*Share the writing:* Encourage each family member to take turns writing in the journal. This can help to give each person a chance to express their thoughts and feelings.

*Use prompts:* Use prompts to help get the writing started. For example, "What made you happy today?" or "What are you grateful for today?"

*Add illustrations:* Encourage family members to add illustrations or photos to the journal. This can help to make the journal more visual and creative.

*Write letters:* Encourage family members to write letters to each other in the journal. This can be a great way to express feelings and share thoughts.

*Keep it positive:* Encourage family members to focus on positive thoughts and experiences in the journal. This can help to create a positive and uplifting atmosphere within the family.

*Reflect on past entries:* Take time to reflect on past entries in the journal. This can help to promote self-awareness and personal growth.

*Celebrate milestones:* Use the family journal to celebrate family milestones, such as birthdays or anniversaries. This can help to create lasting memories and document family history.

*Share the journal:* Share the family journal with extended family members or close friends. This can help to create a sense of community and shared experiences.

## **Family movie night**

Plan a family movie night and watch a movie together. This can be a fun way to relax, bond over shared interests, and have a shared experience.

## **Gardening**

Start a garden together and plant flowers, vegetables, or herbs. This can be a great way to teach responsibility, connect with nature, and bond over a shared project.

## **Board games**

Play board games with your child and teach them new games. This can be a fun way to teach new skills, encourage teamwork, and promote family time.

## **Language learning**

Learn a new language together, such as French, Spanish, or Chinese. This can be a great way to teach new skills, promote cultural awareness, and bond over a shared interest.

## **Outdoor adventures**

Plan outdoor adventures, such as rock climbing or kayaking. This can be a fun way to challenge yourselves, work on teamwork skills, and create shared memories.

## **Family talent show**

Plan a family talent show where each member can showcase their talents. This can be a fun way to encourage creativity, boost confidence, and create shared experiences.

*Choose a theme:* Choose a theme for your talent show, such as "Family Traditions" or "Pop Culture Favourites".

*Set up a stage:* Create a stage area in your living room or backyard, complete with decorations and lighting.

*Create categories:* Create categories for different types of talents, such as singing, dancing, comedy, or magic.

*Set a time limit:* Set a time limit for each performance, such as 3-5 minutes, to keep the show moving.

*Provide props:* Provide props and costumes to help enhance performances, such as hats, wigs, or musical instruments.

*Judges and scoring:* Have family members act as judges and provide scores for each performance based on criteria such as creativity, originality, and presentation.



*Prizes and awards:* Offer prizes or awards for the best performance in each category, such as a certificate or trophy.

*Audience participation:* Encourage audience participation by having them vote for their favourite performance or participate in group performances.

*Showcase hidden talents:* Encourage family members to showcase talents that others may not know about, such as painting or writing.

*Embrace creativity:* Emphasise creativity and self-expression and encourage family members to have fun and be themselves during the talent show.

### **Family board game tournament**

Plan a family board game tournament and compete against each other. This can be a fun way to encourage healthy competition, promote teamwork, and create shared experiences.

### **Science museums or planetariums**

Visit science museums or planetariums together and learn about the universe. This can be a fun way to teach new skills, promote curiosity, and create shared experiences.

### **Comedy night**

Attend a comedy show together or create a comedy night at home. This can be a fun way to bond over laughter, promote happiness, and create shared experiences.

### **Charity work**

Plan a charity event together, such as a charity walk or fundraiser. This can be a great way to give back to the community, teach empathy and kindness, and bond over shared values.

### **Mind mapping**

Create a mind map together and brainstorm ideas for a shared project, such as redecorating a room. This can be a great way to teach problem-solving skills, encourage creativity, and bond over a shared project.

*Choose a topic:* Choose a topic for your mind map, such as "Our Family Holiday" or "Favourite Hobbies."

*Write the main idea:* Write the main idea in the centre of the page and draw a circle around it.

*Brainstorm ideas:* Have each family member contribute ideas related to the main idea, and write them down in bubbles or boxes around the centre circle.

*Connect ideas:* Connect related ideas with lines or arrows, and group similar ideas together.

*Use colours and images:* Use colours and images to make the mind map more visually appealing and memorable.

*Add details:* Add details to each idea, such as dates or locations, to make the mind map more informative.

*Review and refine:* Review the mind map as a family and refine it by adding or removing ideas as needed.

*Take action:* Use the mind map to plan and organise activities or projects related to the topic, such as planning a family vacation or starting a new hobby.

*Keep it visible:* Hang the mind map in a visible place, such as on a bulletin board or refrigerator, to serve as a reminder and inspiration.

*Use it as a conversation starter:* Use the mind map as a conversation starter at family dinners or events, and encourage family members to share their thoughts and ideas related to the topic.

## **Movie-making**

Create a movie or short film together, using a phone or video camera. This can be a fun way to promote creativity, teach new skills, and create shared experiences.

## **Memory games**

Play memory games together, such as Concentration or Memory Match. This can be a fun way to encourage memory skills, promote healthy competition, and create shared experiences.

## **Cultural celebrations**

*Celebrate cultural holidays or traditions together.* This can be a great way to promote cultural awareness, teach traditions, and bond over a shared heritage.

*Potluck dinner:* Host a potluck dinner where each family or guest brings a dish that represents their culture or heritage.

*Dance party:* Have a dance party featuring music from different cultures and countries.

*Cultural fair:* Host a cultural fair, where each family or guest sets up a table or display showcasing their culture and traditions.

*Language exchange:* Host a language exchange, where each family or guest teaches others how to say words and phrases in their native language.

*Movie night:* Have a movie night featuring films from different countries and cultures.

*Traditional games:* Play traditional games from different cultures, such as Chinese checkers or Indian snake and ladder.

*Storytelling:* Have each family or guest share a story or legend from their culture or heritage.

*Art showcase:* Host an art showcase featuring artwork from different cultures and countries.

*Clothing showcase:* Have a clothing showcase, where each family or guest wears traditional clothing from their culture or heritage.

*Cultural crafts:* Host a craft event featuring traditional crafts from different cultures, such as African beadwork or Japanese origami.

### **Personal growth workshops**

Attend personal growth workshops together, such as self-improvement or mindfulness workshops. This can be a great way to learn new skills, promote personal growth, and bond over shared experiences.

### **Bike riding**

Go on bike rides together, exploring new trails or parks. This can be a fun way to promote physical activity, encourage adventure, and create shared experiences.

### **Financial literacy**

Teach financial literacy together, such as budgeting or saving money. This can be a great way to promote financial responsibility, teach new skills, and bond over shared experiences.

### **Poetry slam**

Create a poetry slam or open mic night at home, where each member can showcase their creative talents. This can be a fun way to encourage self-expression, boost confidence, and create shared experiences.

### **Family book swap**

Plan a family book swap, where each member can swap books with each other. This can be a fun way to encourage reading, share interests, and create shared experiences.

**Quality time**

Spend time with your child doing activities that they enjoy. This could be playing games, going for walks, watching movies, or simply chatting about their day.

**Shared interests**

Find common interests between you and your child and explore them together. This could be reading, sports, art, or cooking.