



# **FAMILY TIME IDEAS**

**THE POWER SOURCE**

Family can be a great source of motivation and empowerment. Spending time with family can refocus your mindset and help keep you on track with your life goals. This energy is not only healthy for you but it is reciprocal and can also help promote a healthy family. Below I have put together a list of family time ideas for families of all sizes and age ranges, have fun!

- Board games (Monopoly, Taboo, Speak Out, etc.)
- Match (Younger Kids)
- Blindfold (The blindfolded person tries to tag another family member)
- Movie with movie-themed dinner
- Take a long walk together
- Watch an educational documentary
- Build a fortress with couch pillows, sheets, etc. (for younger kids)
- Picnic in the park or backyard
- Road trip
- Get a gym membership and workout together
- Sports (baseball, basketball, etc.)
- Storytime
- Look at old family videos and photos
- House Party (Family Only) music, dancing, food
- Charity (feed the homeless, donations, volunteering, etc.)
- Talent Show
- Funny fashion show
- Staring game (first one that laughs loses)
- Go watch a local play
- Try Something new in your city

\*PLEASE FEEL FREE TO SEND ANY FAMILY TIME IDEAS TO  
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