



Family Fun

Adventure Hike

Time to create some memories! Yep, let's get outside! Doesn't matter the weather, dress appropriately, and get outdoors. Choose an appropriate hiking area for the age of your kids. A park will do for younger kids, just help them notice the trees, plants, grasses, etc. If there is a hill, have rolling races from the top to the bottom. Run races, have a great time. Take time to process and name this event - remember - 3 word names. Ask what they liked the best, what was their favorite. What they would like to do when you come back. Let them talk. Help them understand that God gave us this beautiful earth to enjoy and take care of. We are stewards of this beautiful earth.

Be sure to take snacks, or picnic lunch. They will love eating outside!

If they are a little older and can handle their own backpack, head out into the hills, forests or canyons and enjoy the beauty. Talk about the beauty of this earth and our bodies we have been given. That we need to be wise stewards of the bodies and earth Heavenly Father has given us. Take time to process and name this event - remember - 3 word names. Ask what they liked the best, what was their favorite. What they would like to do when you come back. Let them talk.

Have a great time!

My Family Story

Have each family member write **three** of their favorite things you as a family have done-

This can be:

- activities
- vacations
- athletic events
- games
- movies
- holidays
- traditions
- whatever is a great memory for them that you all or most of you shared
(if your children are really young, that's okay, or the older kids get to think of others)

After they are all written - each of you take a turn telling the story and why it is so memorable and fun to remember.

After each story, name it with 3 words. Yes only three! Three words are easy to remember for most ages. Sometime it helps to put the main actors name as part of the name - for example "Dad's log demonstration" or 'Burned Tator Tots'. In my family we can say these three words and the whole family starts laughing.



Another fun activity that goes along with this is to share stories from your family about your moms and dads, brothers and sisters so your kids learn your family stories. Grandmas and grandpas, aunts and uncles become better known by your kids and creates a connection and closeness with them.

This activity builds identity and connection within your family.

Doorbell Ditch

Do you remember when you were kids and loved to doorbell ditch?
Remember how much fun you had?

If you're not sure what this is, it's when you ring a doorbell or knock on a door and then run and hide before the person answers the door? You watch and enjoy the look on the faces of the person answering the door.

This is more difficult at an apartment building than in a neighborhood, but can still be done. You just need to be very fast or very creative!

Your mission, Mr. Phelps, should you decide to accept it is:

- 1- Together as a couple prepare some cookies, other treats or (if you prefer to go healthy) gift baskets for 2-3 families. Have some fun with this - dough on the face is always a fun treat;
- 2- Identify your victims;
- 3- Walk, bike, drive or transport yourself to the locations you have chosen;
- 4- Place the cookies, treats or gift baskets on the porch or by the front door of the selected victim, ring the doorbell or knock on the door, and run!!! Hide yourself from view and watch your victim smile!
- 5- Return to your hideout and write down what was the funnest part of this mission.

As always, should you or any of your Force be caught or killed, the Secretary will disavow any knowledge of your actions. This tape/disc will self-destruct in five seconds. Good luck Mr. Phelps.

Jump Rope Tournament

Alright! Get out your ropes, stretch yourself out and ..two, three...jump in!

This is a great activity to invite friends and family to join! Having 6 or more who can help turn or jump is the best, but you can jump with as few as 3.

With 3 create fun and learning activities:

Jump Rope Math - 1-6 jumpers

- Give a math equation to solve. For example $2+3$, the jumper repeats the equation and jumps the answer. In this case 5 times.
- An alternative is to have the two rope turners each shout out a number between 1 & 10 and the jumper adds the two numbers and jumps that number of times.
- When the jumper either jumps the wrong number of times or gets hit by the rope, she is either eliminated or trades place with one of the turners.



Jump Rope Spelling - 1-6 kids

Very similar to math, but the jumper is to spell the word given by a turner. She says a letter with each jump over the rope.

Figure 8 4 or more jumpers

Line the jumpers up on one side of the rope next to one of the turners. As the rope begins to be turned, one jumper enters, jumps, exits the opposite end of the rope (diagonally) and runs around the other turner and lines up until the line has all entered, jumped and exited. Each jumper has to enter and jump without missing a turn of the rope. No empty turns. Once the last jumper from the beginning line has jumped, the first jumper has to enter without skipping a turn of the rope. If a jumper misses his jump, or gets hit by the rope, he is eliminated until the next round. The game continues until there is only one jumper left in the game.

Variation 2: Split the jumpers into two lines and line them up on opposite ends and sides of the rope (one by each turner). The game is played the same except that the jumpers alternate entering in to jump.

Variation 3: Same as Variation 2, except a jumper from each line enters, jumps and exits each turn. This one is a little more difficult.

Catch Me - 3 per group

Instructions: Start with groups of three with one long double-dutch rope for each group. Two turn the rope as the third jumps inside. The idea of the game is to have the jumper jump anywhere he or she wishes, and the turners must follow to keep the jumper inside the rope. If the jumper can continue to jump, the turners are doing a great job of keeping their eyes on the jumper, and making sure the rope goes around them.

This game develops concentration, endurance and turning skills for the turners and endurance and agility for the jumper. They love challenging one another!

Jump right in and have a great time! A popsicle is always a welcome treat after this activity.