

## Fun Helps Everyone

### *New Ideas for Fun With Children*



These are suggestions only! There are thousands of joyous admiring activities you can create with your children.

But find your children's ages and try two or three new activities. They might be as much fun as your children themselves.

#### **Age 0 ~ 1**

1. Hold and cuddle my children.
2. Touch my children's tiny feet and hands by holding them in my palms.
3. Smile, smile, smile at my children.
4. Sing to my children.
5. Share in my children's laughter.
6. Play music that is soothing and comforting for my children.
7. Read to my children. They love the sound of parents' voices.
8. Give them a "fun" bath. Letting my children splash, play and relax.
9. Rock my children to sleep.
10. Make gentle, soothing sounds close to them (cooing and ahhing).
11. Sing lullabies to my children even in the middle of the day.
12. Rock my children just to hold them close.
13. Talk gently to my children all throughout the day.
14. Put my children next to me and snuggle with them on my bed.
15. Take my children for walks in their carriers or just holding them in my arms.
16. Show my children off... to the World!
17. Play peek-a-boo with my children.
18. Sing to them when they awaken in the morning.
19. Show them with my sounds and expressions how I love them.
20. Kiss and hug my children every chance I get.
21. Lie down next to them on the floor.
22. Make a smile pile of soft pillows and blankets and let my children practice crawling.
23. Take my children to the zoo to visit the animals, sights, sounds.
24. Take my children to see their grandparents.
25. Visit our extended family with my children.
26. Hold my children when they eat to be closer to them.

## *Ages 1 ~ 3: PRAISE, LAUGH, ADMIRE, AND YELL OUT ABOUT THEM*

1. Hold, hug, and celebrate my children.
2. Praise my children at least 3x per day.
3. From here on, they will need 4 hugs a day to survive, 8 to grow, 12 to thrive.
4. Explore the world with them—adults see 7 wonders in the world, children 7 million.
5. Dance with my children, holding them closely, twirling them around.
6. Take them to hear and explore new sights, sounds, sensations.
7. Count with my children using their fingers and toes.
8. Read to my children and ask them to repeat new words.



9. Show my children bright-colored pictures and explain what they see.
10. Take them to a lake and hold them while they splash their feet.
11. Brush their hair and then ask them to try to brush their own.
12. Tell my children I love them as soon as they awaken in the morning and when they are tucked in at night.
13. Read poems to my children.
14. Sing songs to my children and ask them to sing with me.
15. Make going to see grandparents a very special event.
16. Make time with both parents a very special event for our children.
17. Say rhyming words to my children and ask them to repeat.
18. Play peek-a-boo with my children.
19. Draw pictures with my children and praise their efforts.
20. Play with blocks and other toys with my children, joining them in play.
21. Walk through the woods to see wild flowers, animals, hear new sounds.
22. Make up happy and funny stories using my children's names as main characters.
23. Talk with my children softly while guiding them gently. Be their teacher!
24. Make animal noises and ask my children to name the animal.
25. Do finger painting with my children.
26. Make special pictures with my children and hang them on the wall.
27. Put funny hats and shoes in a pile in the middle of the room and let my toddlers dress up.
28. Take my children's hands in mine and pet an animal together.
29. Blow bubbles with my children.
30. Color with my children.
31. Play hide-and-seek with my children.
32. Sing to my children at bedtime.
33. Sing to greet them in the morning.
34. Dance to music while holding ("dancing with") my children.

## **Ages 3 ~ 6: PRAISE, LAUGH, ADMIRE, AND YELL OUT ABOUT THEM**

1. Let them hear how they are a miraculous part of a miraculous world.
2. Hold, hug, and celebrate them.
3. Blow bubbles with my children.
4. Play hide-and-seek with my children.
5. Play hide the button with my children.
6. Make finger puppets with them.
7. Put on finger plays with them.
8. Sing songs with my children.
9. Ask my children to teach me their favorite songs.
10. Play tag with my children.
11. Collect rocks in a pail with my children.
12. Make an obstacle course out of pillows and furniture with my children.
13. Make a fort out of sheets and cushions or furniture with my children.
14. Camp on the living room floor with them.
15. Plan a family slumber party on the living room floor and have pizza.
16. Watch a special movie with my children—their favorite one.
17. Walk with my children.
18. Have a race with my children.
19. Go to the park with my children and slide with them.
20. Make a car out of a box with my children.
21. Take my children to the park and swing with them.

22. Play hopscotch with my children.
23. Play jump rope with my children.
24. Show my children what a hoola-hoop is and teach them how to do it.
25. Play with clay or Play-Doh together.

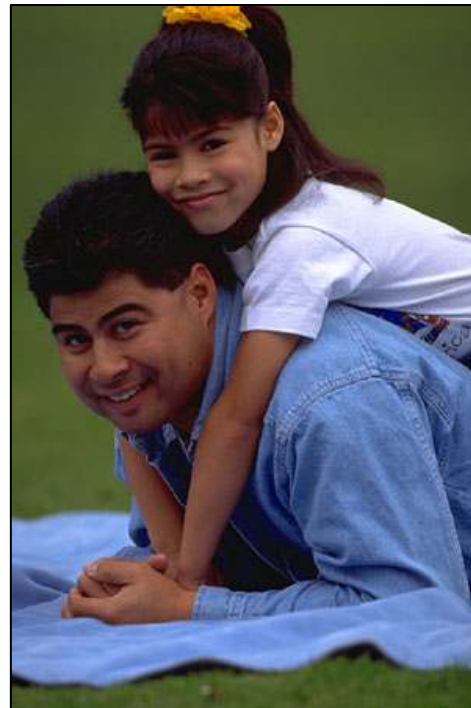


26. Make cookies with them.
27. Create a marching band with pots, pans and spoons.
28. Make birthday cakes with my children and let them decorate.
29. Make snow angels with my children—and talk about angels like them.
30. Carve pumpkins together.
31. Play “Simon Says” with them—and let them lead me.
32. Dance to music with my children.
33. Practice putting things in and taking things out of boxes and containers.
34. Sort laundry together.
35. Sort laundry by color, teaching my children their colors.
36. Make mud pies with my children using wet sand or dirt.
37. Roll a ball back and forth on the floor with my toddlers.
38. Play “freeze dance” with music.

We flatter those we scarcely know,  
We please the fleeting guest,  
And deal full many a  
thoughtless blow  
To those who love us best.  
--Ella Wheeler Wilcox

Kindness is more important  
than wisdom; and, the  
recognition of  
this is the beginning of wisdom.  
--Theodore Isaac Rubin

39. Play paper basketball with the waste basket.
40. Make a drum out of an oatmeal container and wooden spoon.
41. Run through the sprinkler with my children.
42. Make a "kazoo" by covering a comb with wax paper.
43. Share household chores with my children.
44. Talk often about our family's idea of God and God's love for them.



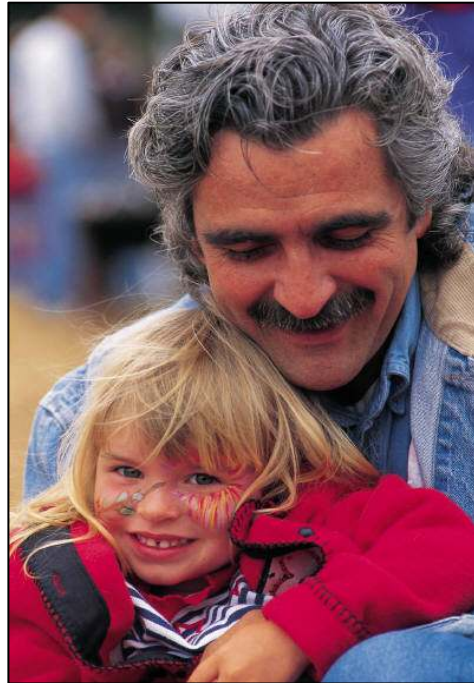
"The truth always turns out to be simpler  
than you thought."  
--Richard Feynman, physicist/educator

## *Ages 7 ~ 10: PRAISE, LAUGH, ADMIRE, AND YELL OUT ABOUT THEM*



1. Hold, hug, and celebrate them.
2. Introduce my children to more about our family's idea of God—and, if it fits our beliefs, their creation in His image.
3. Ask their opinions. (Never stop doing this—they'll be giving me their opinions anyway, so why not ask and make it look like my idea? They'll listen to more of mine.)
4. Fill up water balloons and play catch with them.
5. Toss beanbags in a pail, moving the pail with each round of play.
6. Tape record my children singing and listen to it with them.
7. Camp in the backyard with my children.
8. Roast marshmallows with my children (make S'mores, too!)
9. Practice magic tricks with my children.
10. Ask my children to read their favorite poem or rhyme to me.
11. Ask my children to read with me, each taking part of a story to share.
12. Go fishing with my children.
13. Make puppets and then put on a show.
14. Make wind chimes with fishing line, branch and old keys.
15. Assign numbers to household chores and then draw numbers from a hat.
16. Ask my children to play their favorite song for me.
17. Play my favorite song for my children.
18. Share my favorite childhood movie with my children.
19. Collect wildflowers together and give a bouquet to a special friend.
20. Learn to play a musical instrument together.
21. Frost a cake/cookies together.
22. Climb a tree with my children.
23. Wash family dog with my children.
24. Walk our dog together.
25. Take a walk with each child, making that their special time with me.
26. Ask each of my children their favorite food and prepare that for dinner, making it that child's special night in the family.
27. Plant a vegetable or flower garden with my children.
28. Make special projects with each of my children, separately.

29. Shoot hoops with my children.
30. Fly a kite with my children.
31. Read to my children.
32. Awaken my children with a kiss and tuck them in with a kiss.
33. Play catch with my children.
34. Make a list of “The 10 greatest things” about each family member and share them together.
35. Write a story with my children, alternating turns writing a paragraph or more.
36. Play music and dance with my children.
37. Sit down with my children and talk with them about school, their friends, their teachers.
38. Take pictures of my children just because.
39. Ride bikes with my children.
40. Rake the yard together.
41. Hike together and write a journal about it together.
42. Pick a volunteer project to do with my children and share the project with them.
43. Speak more and more of the world’s miracles—like them!



“Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity.”

--Charles Mingus

**10 ~ older: PRAISE, LAUGH, ADMIRE, AND YELL OUT ABOUT THEM**

1. Hold, hug, and celebrate them.
2. Talk with my children, one-on-one, every day.
3. Invite them to be leaders in a family activity—or in helping another child.
4. Lie out in the backyard and look up at the stars naming shapes.
5. Ask my children to bring their favorite current event for a dinner discussion among all the family members.
6. Ask my children to write their favorite “childhood” memory and then we will share them . I will also share my favorite memory with my children.
7. Complete a puzzle with my children.
8. Make birdhouses with my children from scrap wood and paint them together.
9. Say meal prayers together and hold hands as a family.
10. Do the dishes together. Change linens together. Sing during the chores.
11. Play a card game with my children.
12. Play my children’s favorite board game.
13. Discuss current events and ask my children’s opinions about the events.
14. Hug my children “at random.”
15. Each day my children will get a new vocabulary word. They will look it up in the dictionary and share its meaning with everyone in our family.
16. Read news articles with my children and then encourage a discussion about the content.
17. Make ice cream sundaes with my children. Create crazy toppings to share.
18. Apologize sincerely to my children—show them how real adults handle mistakes.
19. Accept apologies from my children with support and grace for their courage.
20. Volunteer at an animal shelter and participate with my children.
21. Talk with my children about their best friends.
22. Sing Christmas carols all year ‘round.



23. Share snowball fights (gentle!) with my children—and let them win.
24. Build snow forts with my children.
25. Ask my children their favorite jokes. Laugh with them.
26. Admire my children’s clothes, even if it’s not my taste.
27. Listen to my children’s thoughts, feelings, opinions by stopping what I am doing to actively listen.
28. Play touch football with my children.
29. Walk along a shoreline and share special memories.
30. Hug my children every chance I get.
31. Ask my children their favorite dance and then ask them to teach me how to do it.
32. Have a “date night” with each of my children and make that night very special—with favorite foods, activities, music, games, movies, etc.
33. Praise my children whenever they have done their best at anything they try.
34. Admire my children for their individuality and tell each one how special they are in their own way.
35. Ask my children to share their biggest dream and tell me why.
36. Ask my children to share their deepest fear and tell me why

“Children require guidance and sympathy far more than instruction.”

--Annie Sullivan

“Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage—to move in the opposite direction.”

--Albert Einstein May 27, 2010