




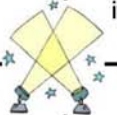
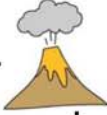















<p>BE ARTISTIC Do some finger painting together and see how many new colors you can discover after mixing each of your paints.</p> 	<p>STRIKE A POSE Take out some mats and try yoga moves together.</p> 	<p>CAMP OUT Make a fort out of pillows and read books in it, play music, or just hang out!</p> 	<p>NATURE WALK Go outside and collect leaves, take a hike, or watch a sunrise or sunset.</p> 	<p>SHOW SOME GRATITUDE Start a gratitude journal together with your children. You can all draw/write what you are thankful for one day each week.</p> 
<p>EXPRESS YOURSELF Have a family talent show. Choose a winner and let them pick the next family activity you do together.</p> 	<p>BE A SCIENTIST Do a science project together for fun. Make your own rock candy or build a volcano and watch it erupt.</p> 	<p>PLAY BALL Go play a game of basketball. Ask your friends and neighbors to join.</p> 	<p>SNACK TIME Find some fruit in your refrigerator and make a fruit salad. The more colorful you can make it the better!</p> 	<p>BOWLED OVER Create your own bowling alley. Make some pins out of empty cans and use a rubber ball to knock them down.</p> 
<p>SING-A-LONG Put on your favorite songs and sing them together while preparing dinner or doing chores.</p> 	<p>TELL A STORY Come up with a story starter and let each family member add a sentence until the story is complete.</p> 	<p>CHALK IT UP Use sidewalk chalk to create beautiful works of art right in your front yard.</p> 	<p>MOVIE NIGHT Pop some popcorn and watch a family favorite together.</p> 	<p>TREASURE HUNT Hide some of your family's favorite candies and then create a treasure map to help them find the treats!</p> 
<p>GET SILLY Put all of your favorite jokes into a joke book. Don't forget to decorate it!</p> 	<p>FLY A KITE Make a kite together and see how high it will go!</p> 	<p>GET LOUD Make musical instruments out of household items and then form a family band.</p> 	<p>MUSICAL CHAIRS Play a game of musical chairs and let the winner decide what's for dinner that night.</p> 	<p>PICTURE TIME Take pictures of your family doing fun activities together and then create a photo album.</p> 

4 Easy Steps to the Family Fun Challenge

Step One: Choose a bowl: A top hat, a fishbowl, a bowl you painted together (anything eye-catching and fun!)

Step Two: Cut along the perforated lines into 25 separate tasks.

Step Three: Toss it all up! Then select a member of your family to randomly choose a square.

Step Four: Now perform whatever is on the square. (Don't forget to put the square back. You might enjoy it so much you'll want to do it again!)