

Fun family activities!

Need inspiration to play with your children at home?

Here are some ideas that will bring happiness to the whole family!

1. Turn on the music and start dancing, jumping, singing! This will help you release the pressure of the day and get some exercise!

2. Build a fort out of anything you can find at home (cushions, blankets, tables, chairs, etc.). Make sure it's safe for everyone!

3. In the bath, make funny hairstyles (ex: "punk") using shampoo or have fun making funny beards!

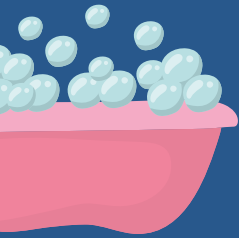
4. Host a costume contest using what you have at home! It will be even more fun if you dress up too!

5. Speak to your child with a "monster voice" or imitate a character that makes your child laugh. A good time would be, for example, during the car trip between home and daycare or school.

6. Create funny riddles together with topics chosen by your child(ren). To make the activity even more interesting, you can organize a family riddle competition and vote for the funniest riddle!

7. Let your child prepare a nice picnic or snacks that you can enjoy together in the garden, on the balcony or on the living room floor!

REMEMBER that laughing is good for the health and morale of the whole family! When you run out of ideas: think about your own childhood memories, ask your child for ideas of activities they would like to do as a family and plan these activities together.



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