



FAMILY CONNECT  
AND SUPPORT



# FAMILIES WEEK

## LIVING REAL AND DREAMING BIG

### ACTIVITY PACK



**"We didn't realise we were making memories,  
we just knew we were having fun."**

*~ Winnie The Pooh*



# FUN ACTIVITIES TO DO AS A FAMILY

1



HAVE A PICNIC

2



NATURE SCAVANGER HUNT

3



PLAY A CARD GAME

4



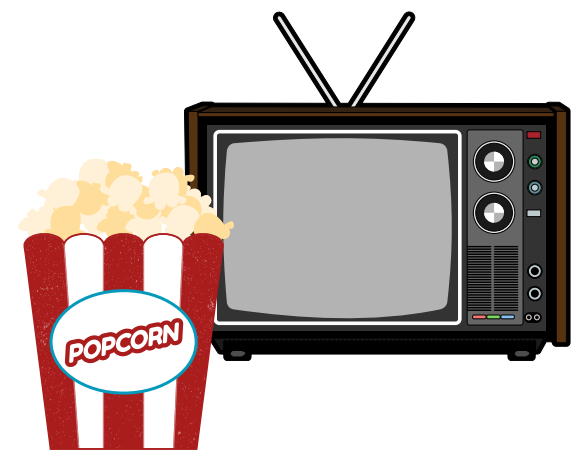
MAKE PLAYDOUGH

5



MAKE A CUBBY

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HOME MOVIE NIGHT

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STARGAZING

**SOCIAL  
FUTURES**

**FAMILY CONNECT  
AND SUPPORT**





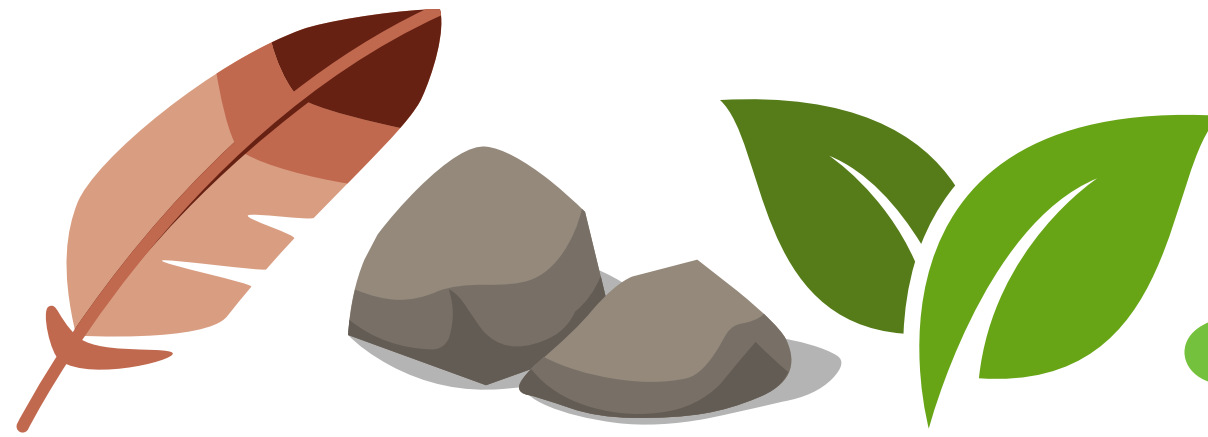
# HAVE A PICNIC



A picnic can be an affordable and easy way to introduce fun into a normal daily function. You could pack your regular meal into a container, grab a blanket and head out to a local park, your backyard or if the weather is a bit miserable you can even have a floor picnic.

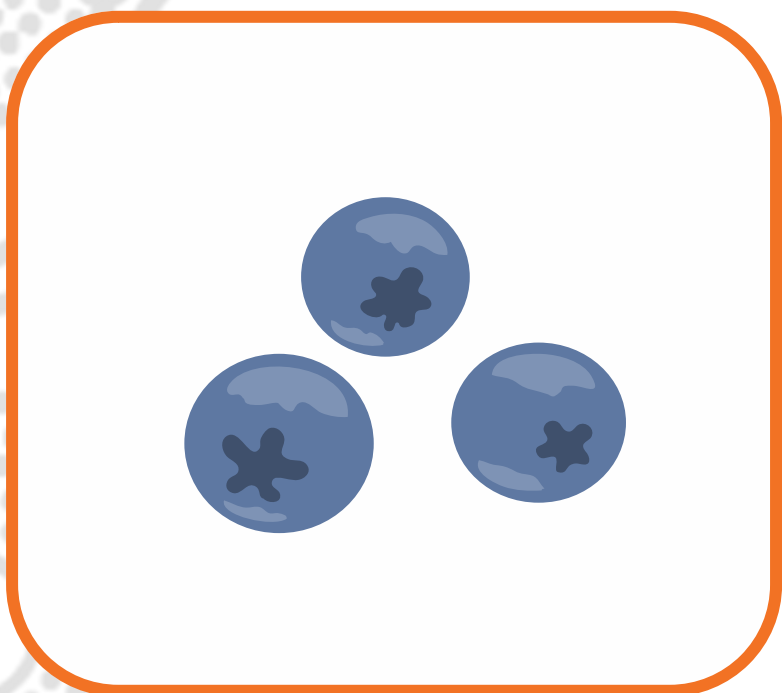
## Ideas to incorporate:

- **High of the day:** Make meaningful conversation by asking each family member to share their highlight or favourite thing that happened across the day. This is a great way to encourage reflection, practice gratitude and to connect as a family.
- **Outdoor games:** If you are enjoying an outdoor picnic, you could incorporate some fun outdoor games into this experience such as hide and seek, eye spy or tag.
- **Bring a plate:** You could share the responsibility and invite each family member to pick an item of food to contribute to the picnic, depending on age this could be something they help prepare themselves or just help choose.



# NATURE SCAVENGER HUNT

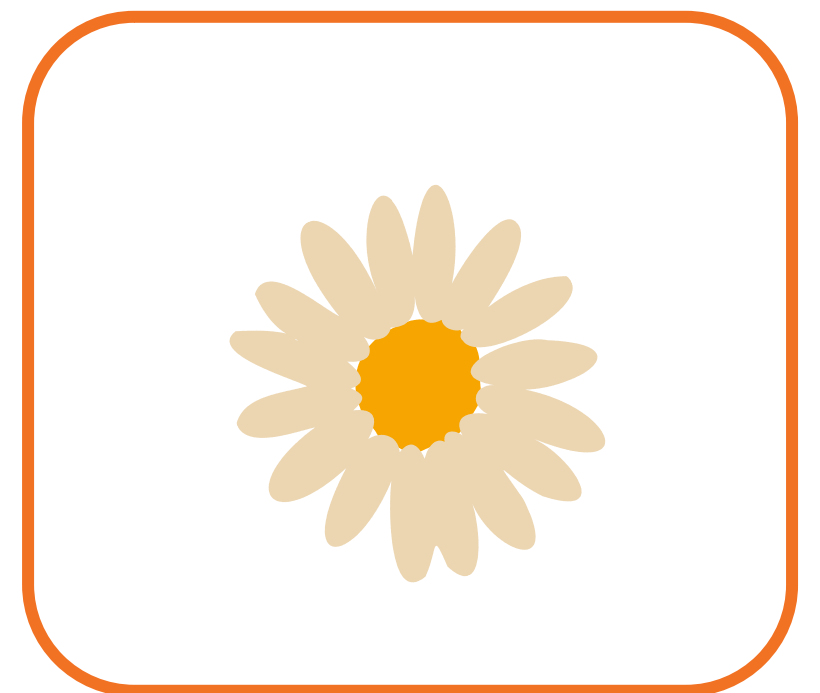
There is so much wonder in nature when you stop to look around!  
Let's go on a treasure hunt! What items on the list can you find?  
You can collect these items and return them to nature afterwards,  
take a photo or just point them out.



**SOMETHING  
BLUE**



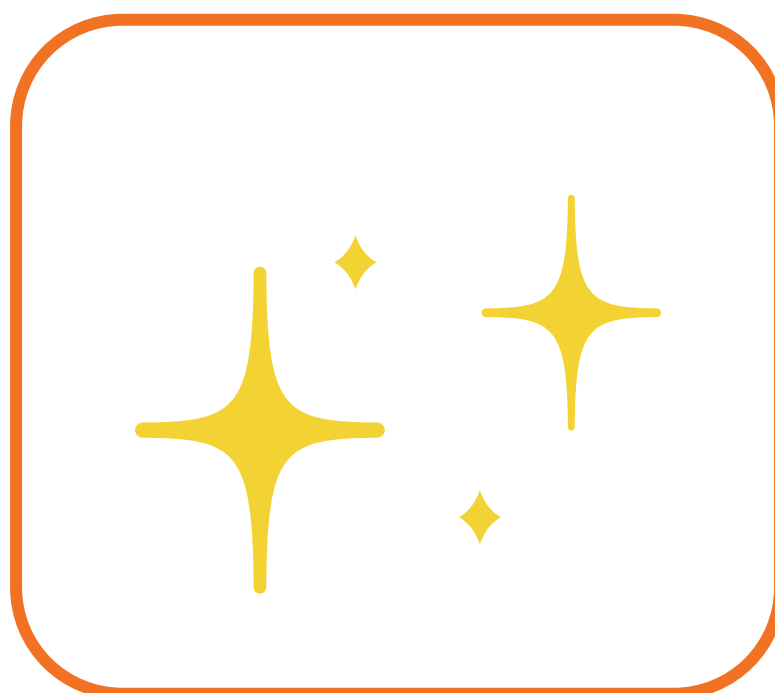
**A FEATHER**



**A FLOWER**



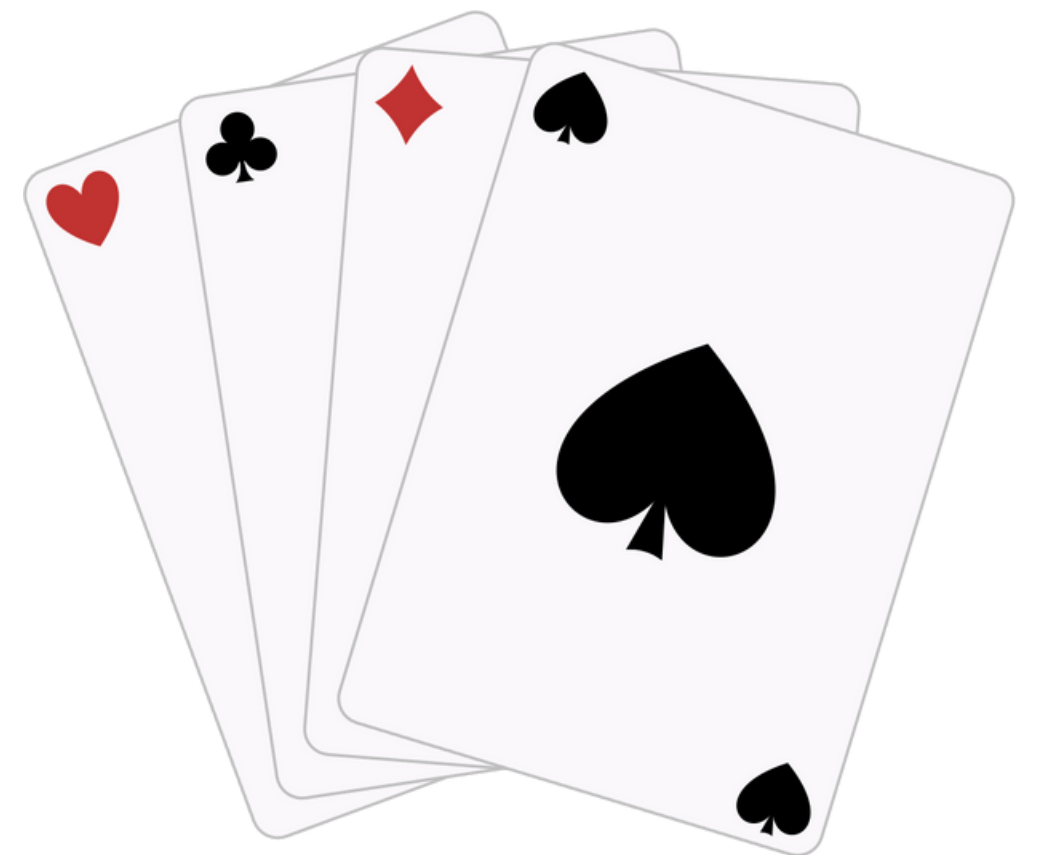
**SOMETHING  
SMOOTH**



**SOMETHING  
SHINEY**



**A STICK SHAPED  
LIKE THE LETTER 'Y'**



# PLAY A CARD GAME

Playing a card game can be a great way to connect as a family and for kids to develop strategic thinking skills. You can pick up a Uno card deck for about \$7 or, if you have a standard deck of playing cards there are many fun games to play to suit a wide variety of ages and skill level.

Here are some card games enjoyed by the Social Futures team:

**Snap:** Shuffle the card deck and divide them equally between the players. The players should keep their cards face down. Taking it in turns, each player flips over their top card, placing it into a pile in the middle. When the top two cards on the pile match, the first player to say SNAP! wins all the cards in the pile. The winner is the first player to collect all the cards.

**Go fish:** This game can be played with 2–6 players. If there are 3 or more players, each player is dealt 5 cards. If there are only two players, deal 7 cards to each. The remaining cards are placed in a pile between all the players. Starting with the player to the left of the dealer, each player takes a turn asking another player if they have a specific card rank (e.g. “Phoebe, do you have any nines?” or “Joe, do you have any Queens?”). If asked for a rank he has in his hand, a player must hand over all of the cards of that rank. The asker then gets to take another turn. If a player has no cards of the requested rank, he responds, “Go fish.” The asker then draws a card from the pile. If he happens to draw the card he was requesting, the asker shows the card to the group as proof and takes another turn. Players try to form sets of four-of-a-kind. When they do, the four cards are immediately placed on the table face up. Play continues until all books have been made. Winner is the player who makes the most books.



# MAKE PLAYDOUGH



Playdough does not require many steps and can be made using commonly used low-cost household ingredients. Playdough can keep children busy playing, however you could assign a creative task like "create your own invention using playdough" or "create each of your pets and family members with the playdough".

**Try making your own playdough by following the below recipe:**

## Ingredients

- 1/2 cup salt
- 1 cup plain flour
- 2 tbs cream of tartar
- 1 cup water
- 1 tbs oil
- 3 drops liquid food colouring

## Method

1. Mix all ingredients together in a medium-sized saucepan.
2. Stir over heat until dough is pliable.
3. Allow to cool, and store in a well-sealed plastic bag or container.



# MAKE A CUBBY

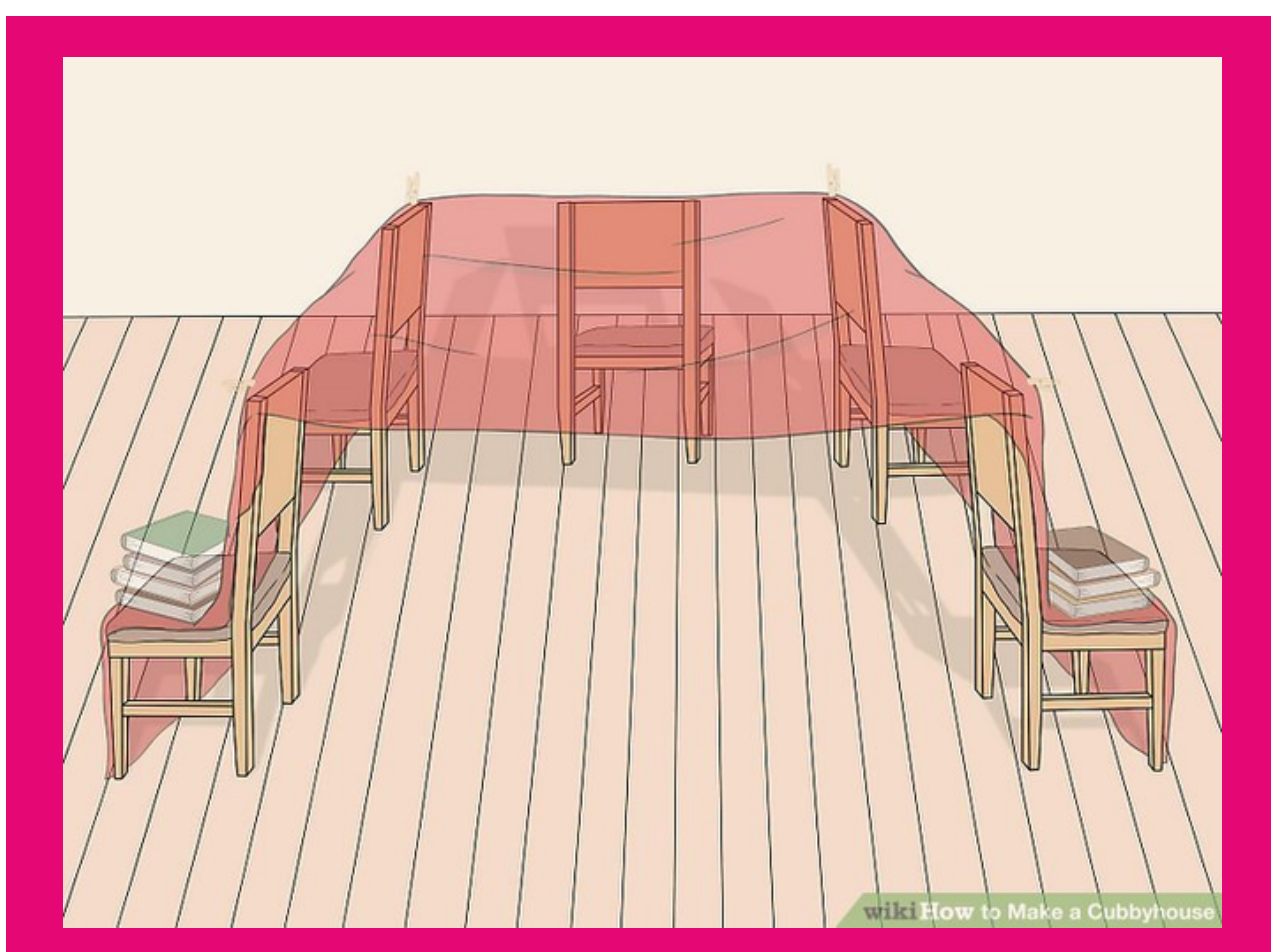


While this option will require a clean-up afterwards, making an indoor cubby together can be a creative and fun way to connect as a family.

There is no wrong or right way to make a cubby, the only one item that is essential is imagination! However, some other items and tips that may be useful when making a cubby are:

- Sheets
- Pegs
- Fairy lights
- Large boxes
- Chairs
- Safety pins
- Heavy books
- Look for pre-existing furniture to form a base

See below reference photo from Wikihow for a popular cubby design.







# HOME MOVIE NIGHT



Movie nights are a fantastic way to spend time with one another that allow for a shared experience and provide some space for relaxation. If you do not have any streaming platforms, there are many great movie options on local network television, and you can search what is playing on [tvguide.com.au](http://tvguide.com.au). If you have internet connection you can also use the free streaming platforms offered by most channels, such as 7 Plus, ABC iView, 10 Play and 9 Now that allow you to search and watch movies that have featured on their network.

Are you ever uncertain whether that movie your child wants to watch is suitable for them? The fabulous team at the Australian Parenting website, Raising Children, have done all the hard yards for you. Simply go to: <https://raisingchildren.net.au/guides/movie-reviews> where you can find around 1,200 movie reviews from recent releases such as Lightyear to the 1971 classic Willy Wonka and the Chocolate Factory.

## **Tips to elevate your movie night:**

- Make popcorn! Popcorn is a low cost and simple way to make movie night a bit more special.
- Get comfy, bring your pillow into the lounge room, and really take some time to make yourself comfortable before the movie.
- Review the movie as a family, after the movie you could ask everyone to give it a star rating and explain their favourite scene or character.



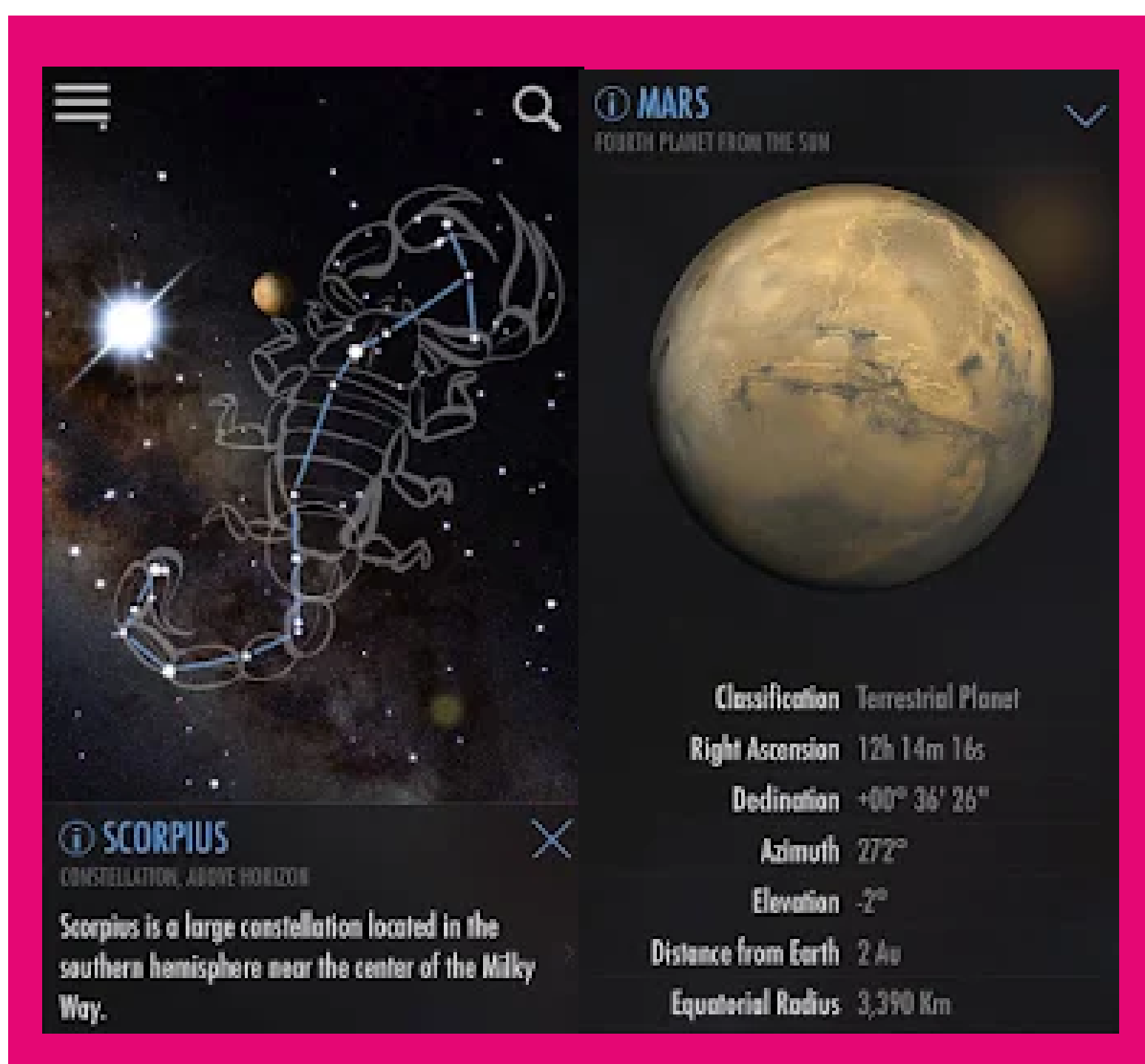
# STAR GAZING



Stargazing can be a fun and educational activity; all you need to do is grab a blanket and go lay out and look up at the night sky and see what you can spot.

You could try the free SkyView app available to download on the app store and google play store. This app allows you to point your phone to the sky to identify stars, constellations, satellites, and more!

See below for screenshots from the SkyView app.



# NOTES

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