Cook Together As A Family.

Anyone can learn in the kitchen. Kids can learn a range of skills in the kitchen, even when they’re exploring on their own. They can learn social skills, communication skills, collaboration and more when you cook together as a family. See what items you have in your pantry and get a little creative with a new recipe.

Party Quirks.

It’s the ultimate party game. Make one person in your family pretend to be hosting a party with surprise guests coming over. Everyone else chooses a fake identity to act out, such as “Superman, desperately trying to save Lois Lane” or “A photographer that insists he just got a picture of bigfoot”. Keep these personalities until the host has figured out who you are.

Yoga Jenga.

Use a pencil to write down a yoga move on each JENGA block. Set up the tower and play the game as usual, but every time a block is pulled out, every player has to do the specific yoga move. If the tower falls, plank for 30 seconds.

Dance It Out.

Not only is dance a unique way to stay active, but it is also a great stress reliever and promotes self-expression. Create an upbeat playlist, turn up today’s hits and get movin’. Check out YouTube to find kids’ dance fitness videos for inspiration.

Questions Only.

The premise is simple. Engage a conversation with your partner, but you can only speak in the form of a question. If one person runs out of questions to ask or doesn’t speak in the form of a question, another person steps in to take their place in the conversation.