







By now, I'm really hoping that you're seeing some significant shifts in the way your family is functioning. I'm hoping that you're happier. If there is still room for improvement, the missing ingredient may be FUN!

For this final list of activities, the focus is on getting more fun into your family.

Research into play tells us that it creates positive emotions that build important resources. We increase our physical wellbeing, our social wellbeing, our cognitive wellbeing, and our social wellbeing. All in all, we become happier.



For your final activity, I'm not going to give you much to do – except to have fun. And to make it easy for you, I'm giving you a list of things that families do for fun. All you have to do is pick one or two things a day, and make family life fun. (You might want to add a few of your favourite fun things to the list as well, because there's no way I'm going to be able to list them all.)

- Tickle
- Play tag/tip/tigi
- Throw a ball or Frisbee
- Spin a hula-hoop
- Ride bikes
- Play cards (Uno, Phase 10, Skip Bo, etc)
- Have a swim
- Play in a park
- Play a board game
- Jump on the trampoline
- Read a book
- Go on an adventure
- Learn something new
- Play the Yes/No game
- (where you ask your child questions and they're not allowed to say yes or no, or yep or nup, or uh-huh or anything like that for 60 seconds)
- Have a staring competition
- Talk over a hot chocolate
- Skip
- Play hopscotch

- Cook some stuff together
- Take a weekend away once a month and go camping for a night or two.
- Wash the car (and spray each other with the hose)
- Play some basketball
- Do some craft
- Build something (a billy-cart, a kite)
- Dance to loud music while you clean a room or two
- Eat ice-cream
- Visit a museum



There are a bajillion more things you can do... the point is – fun is everywhere if we bring a fun attitude with us.

So here's a simple activity: What are the things you do with your family for fun? Make a list, and get started today.

The take home message here is pretty simple–families that have fun together are happy. They build shared memories. They show they care. They get involved. Infuse fun into everything. It will make your family happier.