

Taking the Boredom Out of Family Time

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Did you know there is an easy and enjoyable way to promote healthy living, increase academic success and reduce the chance of your child being engaged in substance abuse and violence?

Spending quality family time is more than something to do. It has been found that family activities such as frequent family

dinners, leisure time together and open communication promote healthy behavior in children. Parents who consistently bring their family together for family activities are more likely to see an increase in academic success, and their children will be less likely to engage in substance abuse and violence.
(via Family Facts)

In the minute you have been reading this, you have probably heard those same complaints as above mentioned by your children who are begging you to get off your computer and help them think of something fun and exciting to do. So here are some ideas of family-centered places to go and things to see right in your backyard that won't break the bank.

See the special sights that can only be found in Salt Lake City!

Wheeler Farm

Wander and explore the grounds at Wheeler Farm! Admission to the grounds is free, however activities on the farm such as wagon rides, milking cows and historic farm house tours have minimal fees. Visit their website for more information at:
www.wheelerfarm.com

Mountview Park

This park offers a variety of activities in the form of a splash pad and a playground. Parents can easily watch their children play away as the splash pad and playground are right next to each other. The park is located at 1651 Fort Union Boulevard in Cottonwood Heights.

Saltair

Considered to be the Coney Island of the west in 1893, the Great Saltair is a place rich in history and architecture. After surviving three fires throughout the decades, remnants of the old Saltair, such as pieces of plates, can still be

found on the surrounding beach. Take children on a treasure hunt to find these old pieces of history and then float in the Great Salt Lake. Pack a lunch and it will be a day your kids always remember.

Gilgal Sculpture Garden

Hidden in the middle of a Salt Lake City neighborhood is this park that was once a secret garden that is still unknown to many locals. It contains sculptures and stones engraved with poems, scriptures and other text. Admission is free. It is located at 749 East 500 South in Salt Lake City.

Wasatch Front Jugglers

These jugglers practice for the public every Sunday at 5 p.m. They meet at Trolley Square in the Amphitheater at the South Entrance. Admission is free. Your children will be excited to see all the tricks this group of talented people can do while juggling.

Sweet Candy Company Tour

Experience a virtual tour with a personal tour guide and enjoy factory samples and interactive and educational stations. After the tour, visit the outlet store for some sweet treats. Tours operate by appointment only. For more information call 800-669-8669 or visit www.sweetcandy.com. The Sweet Candy Company is located at 3780 W Directors Row (1100 South) in Salt Lake City.

For more ideas of family activities that are available around the valley, visit cityguide.sheknows.com and www.visitsaltlake.com/events/

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