

Summertime Family Fun – Part 2



**SUMMERTIME
FAMILY FUN**

PART 2



LIVE WELL UTAH

In Part 1 of this post, we talked about the importance of family activities and how to ensure their success with ground rules. We also shared five activity ideas. As promised, here are 10 more ideas to get your family out and having fun this summer.

10 Summertime Activities for Families

1. **Get sporty.** Play basketball, tag, catch, Frisbee, croquet or try something new like pickleball, bocce balls, etc.
2. **Treasure hunt.** Whether you are a beginner or an expert, there are literally millions of geocaches hidden around the world. Use the GPS on your cell phone or GPS unit to find geocaches near your house or wherever you may be traveling this summer. See <https://www.geocaching.com/play> for more information.
3. **Go global.** Attend a travel show or request travel brochures from places you want to visit and then create a poster of fun places to visit someday. Pick one of the places you want to go and do something you might do if you were there (eat gelato, talk with an accent for the afternoon, have a family tea party, etc.)
4. **Join the community.** Check out community calendars for free concerts or movies in the park or library.
5. **Get artistic.** Get out the colored pencils and paint or get crafty with glue and glitter, beads or any other craft supplies you have. Share your talents in a family art show. For younger kids, finger paint with pudding or play with edible Play Doh.
6. **Eat the fun.** Have a fondue party, invent your own new smoothie or pizza flavors, make ice cream sundaes or

create other food items where everyone can participate.

7. **Find the “best of” your community.** Try out different playgrounds, ice cream shops, swimming pools, etc. (whatever your family enjoys), then rate each one to find the “best” of each category.
8. **Get wet.** Spend the day at a local pool, splash pad or water park. Or, play with water in your own backyard. Don't forget the squirt guns, water balloons and painting the sidewalk with water.
9. **Become a tourist in your own city.** Although you probably avoid tourist places in your own community, take a day to pretend you are tourists and go to the places they would go. Dress and act like tourists. Be sure to take pictures.
10. **Learn something new.** Providing educational experiences in the summer will help to keep your kids sharp. Have a read-a-thon, go to educational summer programs at the library or start at 4-H club (FREE and easy to use curriculum available at <http://utah4h.org/discover/>).

The Challenge

Take action! Your mission, if you choose to accept it, is to brainstorm three ideas that would be fun to do with your family this summer (yes, right now!). Now text, email or write it down and share it with your family in the next 24 hours. Then have them share ideas of their own.

Read Summertime Family Fun- Part 1.

This article was written by Naomi Brower, USU Extension associate professor, Weber County