

Get Ready, Get Set, Play!

LIVE WELL UTAH

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GET SET,
PLAY!



Take time to play together as a family this summer. Try these tips to make sure everyone has fun.

You've probably heard that a family that plays together stays together. It's true! Here's a glimpse of what research tells us about why playing together is not only fun, but good for our relationships:

- Play teaches us about ourselves and each other.
- Play can be therapeutic.
- Shared laughter creates a bond.
- Humor breaks down walls.
- Play can build trust.

Since there are so many things you can do this summer, consider a few basic tips when planning to make sure everyone has fun.

Use a calendar. Be sure to schedule the fun in advance or the summer might just unintentionally slip by.

Get everyone involved. Have every family member suggest ideas for activities and take turns choosing what to do. Be open minded and try new things.

Keep it light. Too much competition can create hurt feelings. Try playing a new game that no one has skills for. Play just for fun and don't keep score.

Get active. Be sure to include outside activities that get you moving so you can enjoy the great outdoors together.

Focus on each other. Set boundaries for electronic use so you can focus on connecting with each other.

Keep it simple. Having fun together doesn't need to take a lot

of planning or money. For a list of fun ideas, [click here](#) .

This Article was written by Naomi Brower, Utah State University Extension professor