



intentional moms
Think about it.

Outings and Activities to do with Your Children

We have listed some of our favorite activities to do with your children. You may need to modify the activities depending on their age. Try to give your undivided attention to your child during this time so they feel that they are most important in your life. Its hard to do, but make it a priority to not answer the cell phone and check email, I promise it will make a difference.

- Go on a real date with your son/daughter. Make them feel special and show them how they should be treated on a date. Talk to them about respect for and from peers and others.
- Go to the zoo with your son/daughter. Talk about the animals with your child. Ask them which ones are their favorite and least favorite and why.
- Go on a picnic at the park or in your backyard. Ask them what is going on in their life and what their goals and dreams are.
- Go to a local, state or national park and take a hike. Look at the sites, talk about nature and the surroundings. Help them identify the creepy crawlers on the ground, the types of trees and plants. Teach them to respect nature and the environment as well.
- Take a tour of a local TV station. Let your child learn what happens behind the scenes.
- Once a month or as often as you can, volunteer and help out an organization. Offer your time at a variety of organizations including homeless shelter, food pantry, make care packages for chronically ill children, nursing homes etc. Before you embark on this, contact the organization and find out if they have requirements, minimum ages, etc.
- Check with your local tourism board on activities in your area and in your state. You will be surprised at the variety of things in your backyard that are relatively inexpensive or free! Also, check out websites and Facebook pages that list this information as well.
- Take your child fishing, this is a fun activity that many don't get the opportunity to experience. It's a great activity to teach so many life lessons.
- Make a science project together, build a volcano, terrarium, etc.
- Bake and cook with your children. Teach them the art of preparing a meal from scratch and the importance of sitting together at the table.
- Purchase a craft from a local hardware or craft store and build something with your child. Build a bird feeder, painted box, etc and teach your child how to use tools properly.
- Take your child to a u-pick farm. For example, you can go and pick your own strawberries, blueberries, pumpkins, etc. and talk to them about the importance of farming.
- Build an obstacle course in your backyard using things that are readily available. (i.e., fallen branch, bench, etc.) take turns timing each other and see if you can beat your own time.
- Make a time capsule and store things such as photos, grocery receipt, newspaper, list of top music and toys and open in one to five years. Its amazing how fast things change.
- Open up a checking or savings account with your child. Teach them the importance of earning and saving money and balancing your account.
- Take apart an old appliance (i.e. toaster, etc.) And study how the appliance was made and how it works. Disclaimer: Only do with adult supervision and only if it is safe to take apart. Many items are not made to be taken apart. Visit howstuffworks.com for more information.
- Write a short play and help them stage it and build props. Their friends can star as some of the characters. Invite an audience of friends, family and neighbors for the production.
- Build a fort out of a large cardboard box and let your child decorate it.