

10 Family Activities

1. Create a Conversation Jar filled with questions and / or invite family members to come up with questions to include.

Example: If you could change places with any living person who would it be?

Example: If you could be mayor / governor / president what would you want to do for your town, state, country?

2. Write a note of encouragement to someone in need. (a new kid at school, a fellow student who is being bullied, a patient at your local children's hospital, etc.)

3. Eat meals together. Family dinner time provides time to talk about things that matter in your community and the world, and how to help others.

According to Dr. Christine Carter, Executive Director of the UC Berkeley Greater Good Science Center, children in families that eat dinners together at least five nights per week are less likely to be obese, are less likely to develop an eating disorder, earn higher grades, are less likely to abuse drugs and alcohol, are less likely to smoke and enjoy greater emotional stability. But who has time? The good news is that the meals themselves aren't important. You can eat out or get take out as long as at least one parent sits and engages with the children over the meal – however simple or inspired the food may be.

4. Create a new holiday or tradition. Make lasting memories with your children by co-creating unique family traditions.

Example: Celebrate half-birthdays with half a cake and reflections on why your life is "half-full".

Example: Full Moon walks. Enjoy the nighttime sights that reveal themselves in the month's brightest night.

5. Make a family tree with your children or grandchildren that tells your family's history of giving.

6. Tap into the wisdom and experience of your older friends or relatives by interviewing them about the greatest acts of giving they've seen or experienced in their lifetime.
7. Map your life. Make "Life Lines" with your family by mapping the events / achievements / activities of meaning that lead up to the image you see when you look back at your life. What mark did you make?
8. Interview a community hero to find out why they do what they do (fireman, doctor, teacher, philanthropist, etc.)
9. Write or tell a story about walking in someone else's moccasins from their point of view.
*Example: A day in the life of a child who is blind or a man who has no home.
A day in the life of a refugee or a school outcast.*
10. Organize a neighborhood potluck, garage sale or emergency preparedness meeting.