

SUMMER FAMILY ACTIVITIES

1

HAVE A BBQ

Everything tastes better on a BBQ and the oven leaves the house feeling hot over the summer months. Invite your child(ren) to assist in meal planning and preparation.

2

GO TO THE PARK

Local parks are a natural way to meet your neighbours and build community. It's also an opportunity for kids to blow off some extra energy.

3

PLAY A SPORT OR GAME

Take a ball, frisbee or game to the park and play a little pick-up. You might even start a neighbourhood game of kick the can.

4

GO SWIMMING

Cool off by taking a dip in your local body of water. We are fortunate in British Columbia to have access to a variety of swimming holes.

5

DO A SCAVENGER HUNT

Kids love searching for things. There are ideas on the internet that can be printed off. You can even do it on the fly ("Go find me 3 sticks, 2 rocks, and a leaf").. .

6

GO CAMPING

This takes some extra planning but most people say it's worth it. There's something about getting away and enjoying the outdoors that screams summer.

7

SLEEP UNDER THE STARS

Do this while camping or in your own backyard. I'm partial to placing a mattress on a patio.

8

MAKE A FORT

Who doesn't love a good fort? All it takes is some sheets, blankets and a little imagination.

9

BAKE

Even though the oven can lead to a warm house, baking with kids is lots of fun. Plus, it provides extra snacks and yummy desserts.

10

MAKE A CRAFT

Harness that creativity and keep the kids busy with a craft. This works wonders when you are trying to get dinner ready as it keeps those little hands busy.

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11

DO A SCIENCE EXPERIMENT

Again, there are a lot of simple ones to be found on the internet. The warm weather is conducive to outdoor experiments.

12

READ

Reading throughout the summer months helps to keep kids on track. I especially love reading books and then watching the corresponding movie afterward. I'm also a huge fan of book clubs!

13

WRITE A STORY

Use your imagination and create a story of your own. Don't forget to have accompanying drawings/paintings.

14

ATTEND A SPORTING EVENT

You don't have to watch professional sports. There are some amazing amateur games and tournaments in every town and city.

15

GEOCACHE

it's like a world wide scavenger hunt with small containers hidden all over and you solve clues and use GPS coordinates to find them. It's free and a tonne of fun..

16

BIKERIDE

Bike riding is a great way to see your town/city and excellent exercise. Get out there and explore.

17

VISIT A SPLASH PARK

It's the perfect way to cool down and have fun. Plan to have friends accompany you and make an afternoon of it.

18

GO ON A PICNIC

My kids love to picnic. We keep it simple with sandwiches, fruit, veggies and water. Set out a little blanket and enjoy a meal together.

19

VISIT AN ARCADE

For a few dollars in quarters, I can make my son's day with a trip to the arcade. I love a good air hockey battle.

20

GO FISHING

Spending time catching and releasing fish is relaxing and a nice way to spend an afternoon in nature.

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21

HAVE A MOVIE NIGHT

Make some popcorn, grab a few treats and hunker down for an evening with the family. Spending a quiet night in can be a nice alternative to the hustle and bustle of the day.

22

EAT ICE CREAM

Nothing is quite as refreshing as cold ice cream on a hot summer day.

23

FIND LIVE MUSIC

There are many communities that provide free live music at local parks. Check your town/cities webpage to see if they offer such events.

24

MAKE WATER BALLOONS

You can find these at the dollar store and they are a blast.

25

HAVE AN ICE DIG

Take containers and fill them with water. Add dollar store dinosaurs and marbles and freeze the containers. Let the kids chip away at the ice with small chisels to get the items (supervision required).

26

HIKE

Appreciating nature and getting some exercise is an awesome way to spend a summer day. Pack lots of water, sunscreen, hats, snacks and bug spray.

27

GET YOUR FACE PAINTED

Lots of children's fairs or parks provide free face painting.

28

HAVE A WATER FIGHT

Use buckets with sponges, water balloons or super soakers.

29

RUN THROUGH A SPRINKLER

Do kids do this anymore? It could be a 2-for-1 as you water your lawn and let the kids cool down in an effort to conserve water.

30

USE SIDEWALK CHALK

Make cool designs and show your creativity. Our family especially enjoys a giant sized game of X's and O's.

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31

BLOW BUBBLES

This is fun in every setting and all times of the day. Kids love to blow bubbles and pop them.

32

WATER SLIDES OR SLIP N' SLIDE

I can remember as a teenager loving to go to the waterslides in the summer. Fun for the whole family!

33

DO A PUZZLE

Set one up and let everyone participate. Leave it out for a week or so and work on them when you have time.

34

PLAY BOARD GAMES OR CARDS

These are great ideas when you want some time out of the heat. It's also fun to bring along on a camping trip for the early evening hours when everyone is starting to settle down.

35

GO TO A PETTING ZOO

Sometimes there are free ones throughout the community where you can take your fruit and veggie scraps to share with the animals.

36

SKIP ROPE

It's not quite as common for kids to skip rope any longer but it's a lot of fun. You can do it single, double or in a group.

37

GO TO A FRUIT STAND OR FARMERS MARKET

Buying right from the farm is where you get the best produce. Plus, buying locally supports those in your community.

38

HAVE A LEMONADE STAND

Cold lemonade from a child on a hot day is quintessential summertime.

39

FLY A KITE

You can make one yourself or buy one at the store. Flying a kite inspires awe in children.

40

ATTEND A YARD SALE

Browsing yard sales is fun and also an excellent way to buy used and prevent something from entering the landfill.

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41

TAKE A WALK IN THE EVENING

Have a chance to unwind and stroll with your family through your neighborhood.

42

GO STARGAZING

Get outside the city limits and get a good view of the stars.

43

MAKE SMORES

This doesn't even need an explanation. Yum!

44

GO TO A FAIR

There are mini donuts, fair food, games and rides. I typically make this a "child pay" adventure where they save their money to attend.

45

BUILD A SAND CASTLE

Creativity runs wild with this activity. You can build a moat and add decorations with rocks and sticks. If it's not to your liking, it's easy to start all over again.

46

GO TO A FIREWORKS DISPLAY

Another free activity to enjoy as a family. A cool way to celebrate Canada Day or the 4th of July.

47

TRY A WATER SPORT

Whether it's paddle boarding, kayaking, canoeing, boating, skidoing, waterskiing, wakeboarding, tubing, sailing, parasailing or surfing, trying something new can be a rewarding challenge.

48

FLOAT DOWN A RIVER CHANNEL

This isn't available in all communities but if you have the chance it's a fun activity. Make sure to pack food, drinks and sunscreen!

49

EAT AT A FOOD TRUCK

This gives children an opportunity to try some unique or new food options.

50

HOOLA HOOP

Fun for kids of all ages!

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51

PLAY AN INSTRUMENT

Go to the park and play drums, tambourines and instruments with peers. They can make lots of noise and create music in a group.

52

CREATE A PUPPET SHOW

This can be done indoor or outdoor and used over and over again.

53

TAKE A DAY/ROAD TRIP

Head off for a day or weekend. This gives us an opportunity to see all the beautiful landmarks and tourist spots nearby.

54

VISIT THE LIBRARY

There are often summer reading programs, activities, book clubs and special events at libraries over the summer.

55

GO TO A DRIVE-IN MOVIE THEATER

There aren't many of these left so if you are near one, make sure to check it out.

56

VISIT A MUSEUM OR ART GALLERY

Sometimes there are special events or opportunities to visit at no cost or a reduced rate during the summer months.

57

ENROL THE KIDS IN A CAMP

For many children, summer camps are the highlight of their summer and they carry those memories with them for a lifetime.

58

MAIL POSTCARDS

Kids love to receive and send snail mail.

59

GO MINI GOLFING

Get outside and enjoy a game of putt-putt. Most kids and teenagers love a friendly game of mini golf.

60

SKIP ROCKS

A simple summertime pleasure.

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61

HAVE A BONFIRE

Pack a guitar, marshmallows, and hotdogs for a fun evening around a fire.

62

TAKE PHOTOS

Let your child be a photographer. It's amazing to see the world through their eyes.

63

GARDEN

It's the perfect time of year to grow your own produce or flowers. If you don't have space at your home, check out a community garden.

64

TRY SOMETHING NEW

Do you have something on your bucket list you've wanted to try or a place you've been wanting to go? This might mean go-carting, ziplining, river rafting or other activities. Summer is the ideal time for adventure.

65

GIVE TO OTHERS

Volunteer to mow a neighbor's lawn, walk their dog or make them a meal. Make a bagged lunch with a water bottle for someone down on their luck. Go plug expired meters with coins. There are plenty of opportunities to make someone's day.

HAVE FUN!

The summer months pass by quickly so be sure to make time for a little fun with your family! It doesn't have to be extravagant or expensive because what we remember is the time we shared and the memories we made.

If you have any other ideas, please share them with me.