## Family Fun Activity

**Bingo Nature Hunt –** Work together to make up bingo cards out of heavy paper or cardboard with an equal number of boxes across and down. In the boxes write in specific items to find outside like a pebble, a daffodil, leaf or feather. Give each family member a card and search for the items on their card. See who can bingo first.

**Sidewalk paintings –** Create your own paintings on the sidewalk using plain water and paintbrushes. Watch as the designs disappear when the water evaporates. It's a great no-mess way to paint.



## What's a Family to Do?

- Start a routine of family dinners when the children are young so it becomes a habit.
- Check your schedules often and make family meals a priority. Family meals may be breakfast, lunch, or dinner, eaten at home or in a restaurant. The key is to spend time together.
- Turn off the television, radio, cell phones, and other distractions and allow time for tuning into each other.
- Allow every member of the family to contribute to the conversation and keep the conversations polite. The dinner table is not the place for conflict or discipline.
- Listen politely to one another.
- Have all family members involved in family meals whether it's planning the menus, shopping for groceries, setting the table, preparing the meal, or doing dishes.
- Remember, parents should serve as role models for healthy eating.