



HELLO PARENTS,

Family time is one of the best ways to build strong and loving familial bonds. The more time that you can spend as a family playing or working together, the stronger your family relationships will become. Spending a night playing games with your family can help children to think strategically, solve problems creatively, and develop social skills, such as following the rules, taking turns, and winning or losing gracefully. It also provides an opportunity for children to bond with siblings, parents and other family members. In this newsletter, we offer fun games that you can play with your family to foster communication as well as connect your family members to each other.

ACTIVITIES

INFANTS (3 -18 MONTHS)

ROCK AND ROLL

MATERIALS:

- Exercise ball
- Music

DIRECTIONS:

- Place your child on top of the exercise ball, tummy down.
- Gently roll your child in different directions while holding them securely with both hands so that they do not slip.
- You can also sit on top of the exercise ball with your child sitting on your lap. Hold your child firmly and bounce with them.
- Listen to music or sing rhymes while playing this game with your child.
- If your child can walk, encourage them to push the ball with you back and forth or chase after it.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

PARACHUTE FUN

MATERIALS:

- A large sheet
- Different types of balls

DIRECTIONS:

- Spread out a large sheet and have everyone hold the edges tightly in both hands.
- Working together, slowly raise it overhead and say: "Up, up, up!", then lower it and say: "Down, down, down!"
- When you call: "Under, under, under!", everyone can let go of the sheet and hurry under it.
- Alternatively, you can get under the sheet while still holding its corners.
- Next, put the balls on the sheet. Have everyone shake the sheet up and down trying not to lose any balls.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

COOPERATION RELAY

MATERIALS:

- Beach ball or stuffed toy

DIRECTIONS:

- Find an open area to play this game.
- Divide the players into teams of two.
- The teams will take turns carrying the ball together across the play area and back.
- First, carry the ball together with both hands, then with one hand only, and then with no hands.
- Encourage your family members to think of other ways to carry the ball without using hands. For example: using your shoulders, hips, elbows, tummy, etc.

[Click here](#) for more family activities.

JK/SK (4 – 6 YEARS)

GO BOWLING

MATERIALS:

- 10 plastic bottles
- Paint in different colours
- Water
- Ball

DIRECTIONS:

- Squirt small amounts of different colours of paint into each bottle. If your paint is thick, you can dilute it with water.
- Put the caps back on all of the bottles and make sure they are tightly secured.
- Shake each bottle vigorously to spread the paint throughout the bottle.
- When the bottles are all covered with paint, remove the caps and allow the paint bottles to dry overnight.
- Put the caps back on the bottles and start bowling with your family.
- Set the bottles up in a bowling pin style and take turns rolling the ball toward the pins.
- The person who knocks down the most pins will win the game.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

TELEPHONE Pictionary

MATERIALS:

- Stack of paper
- Pencils

DIRECTIONS:

- Invite your family members to sit in a circle.
- Give each player a stack of papers.
- Everyone starts by writing a sentence on the top sheet of paper. It can be something random, true, abstract or a quote from a movie, song or book. For example, "The children danced around the large oak tree."
- When done, players will pass their stacks of papers to the person on their right.
- Players will read the sentence passed to them, place it at the bottom of the stack, and draw on the top paper a visual interpretation of the sentence.
- Now, pass the stack of papers to the person to your right.
- Look at the picture, move the paper to the bottom of the stack and write a sentence describing the picture. Do not look at the original sentence.
- Repeat these steps, passing papers to the right until the stacks of paper return to the original owners.
- Spread out all of the sheets of paper in order and see if you can tell a story with the sentences and images.
- Have each player tell their story.

[Click here](#) for more activities.



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A TIP FOR TODAY

- Pick a night and time that works for the entire family.
- Choose age appropriate games that will involve all family members.
- Turn off all technology.
- Smile, relax and let yourself have fun.
- Be patient and do not expect perfection.