

Description: Make a jar of some of your favorite wholesome recreational activities that you can do as a family, and then choose one to do today!

What you need:

- A copy of the “Family Activity Jar” label and activity papers, tape, scissors, pen or pencil, and a clean empty jar, cup, or can.

Preparation:

1. Cut out the jar label. Tape it to your jar, cup, or can.
2. Set aside the activity papers to fill out together as a family. You’ll cut them apart when you’re finished.

Activity:

Explain: One of the fun things we can do to build good family relationships is to participate in wholesome recreational activities. That means we should have fun together!

Ask: What are some of your favorite activities to do as a family?

Write answers on the activity paper strips. Activities can be free or have minimal cost. Examples include watching a wholesome movie together, playing ball together, playing a board game, putting together a jigsaw puzzle, going for a walk, making cookies, dancing to music, drawing or coloring pictures, etc. Be sure to include some that you can do on the sabbath day.

Cut apart the activity paper strips and put them in the jar. Draw out one to do today - and have fun together! Place your jar somewhere you can see it frequently and choose activities to do together often.



Go for a walk		