



35 WAYS TO SPEND TIME WITH YOUR KIDS



Versions included for preschool children, schoolchildren and teenagers.
Print off the sheets that are relevant to you.

www.thememorymum.com

35 WAYS TO SPEND TIME WITH YOUR PRESCHOOL KIDS

Try these FUN ideas for making memories together. Tick them off as you try them.

<input type="checkbox"/> Make a jigsaw puzzle.	<input type="checkbox"/> Do some colouring.	<input type="checkbox"/> Read a favourite story.	<input type="checkbox"/> Sing nursery rhymes or favourite songs.	<input type="checkbox"/> Go for a walk.	<input type="checkbox"/> Bake something.	<input type="checkbox"/> Make and use homemade playdough.
<input type="checkbox"/> Take funny photos together.	<input type="checkbox"/> Build something with bricks/Duplo etc.	<input type="checkbox"/> Go on a scavenger hunt.	<input type="checkbox"/> Paint a picture.	<input type="checkbox"/> Put on a sock puppet show.	<input type="checkbox"/> Enjoy water play with jugs, scoops etc.	<input type="checkbox"/> Find some ducks or swans to feed.
<input type="checkbox"/> Have a teddy bear's picnic or tea party.	<input type="checkbox"/> Make a pretend shop with empty containers.	<input type="checkbox"/> Build a blanket fort.	<input type="checkbox"/> Dance together to favourite music.	<input type="checkbox"/> Go for a bus or train ride.	<input type="checkbox"/> Plant something.	<input type="checkbox"/> Visit a park, forest or beach.
<input type="checkbox"/> Play with sand.	<input type="checkbox"/> Pick a favourite toy to play with.	<input type="checkbox"/> Make up a story together.	<input type="checkbox"/> Visit an open farm.	<input type="checkbox"/> Make and play percussion instruments.	<input type="checkbox"/> Play hide and seek.	<input type="checkbox"/> Go to a child friendly play or concert.
<input type="checkbox"/> Go out on scooter/ trike/ balance bike.	<input type="checkbox"/> Play with sand.	<input type="checkbox"/> Go puddle jumping.	<input type="checkbox"/> Play a matching game.	<input type="checkbox"/> Build something from recycled materials.	<input type="checkbox"/> Try potato printing.	<input type="checkbox"/> Make mud pies.

35 WAYS TO SPEND TIME WITH YOUR SCHOOL-AGE KIDS

Try these FUN ideas for making memories together. Tick them off as you try them.

<input type="checkbox"/> Take funny photos together.	<input type="checkbox"/> Explore somewhere new.	<input type="checkbox"/> Make bird feeders for your outside your house.	<input type="checkbox"/> Go on a picnic.	<input type="checkbox"/> Bake something.	<input type="checkbox"/> Make a jigsaw puzzle.	<input type="checkbox"/> Learn about the stars on a dark night.
<input type="checkbox"/> Build a model from Lego or similar.	<input type="checkbox"/> Go on a scavenger hunt.	<input type="checkbox"/> Do a Random Act of Kindness together.	<input type="checkbox"/> Play a board game.	<input type="checkbox"/> Follow some drawing tutorials on Youtube.	<input type="checkbox"/> Set up a hot chocolate bar.	<input type="checkbox"/> Make a model from lollipop/popsicle sticks.
<input type="checkbox"/> Play Poohsticks on a walk.	<input type="checkbox"/> Read an age-appropriate book together.	<input type="checkbox"/> Plant and grow something together (e.g. a sunflower)	<input type="checkbox"/> Make a playlist of favourite songs.	<input type="checkbox"/> Do something you've never tried before.	<input type="checkbox"/> Cook a favourite meal together.	<input type="checkbox"/> Practice sporting skills.
<input type="checkbox"/> Make and use an obstacle course.	<input type="checkbox"/> Play some night time games such as torch tag.	<input type="checkbox"/> Make and send a message in a bottle.	<input type="checkbox"/> Try a simple sewing project.	<input type="checkbox"/> Spend a night in a tent.	<input type="checkbox"/> Make a scrapbook for special memories.	<input type="checkbox"/> Go to a child friendly play or concert.
<input type="checkbox"/> Make designs with ironing beads.	<input type="checkbox"/> Watch a movie together.	<input type="checkbox"/> Get up to watch the sunrise.	<input type="checkbox"/> Play some pen and paper games.	<input type="checkbox"/> Train together for an event such as a 5K run.	<input type="checkbox"/> Paint portraits of each other.	<input type="checkbox"/> Visit a museum that interests your child.

35 WAYS TO SPEND TIME WITH YOUR TEENAGERS

Try these FUN ideas for making memories together. Tick them off as you try them.

<input type="checkbox"/> Learn to cook something on a campfire.	<input type="checkbox"/> Practice sporting skills.	<input type="checkbox"/> Plant a simple vegetable garden.	<input type="checkbox"/> Do something you've never tried before.	<input type="checkbox"/> Make homemade pizza.	<input type="checkbox"/> Work on a 500 or 1000 piece jigsaw puzzle.	<input type="checkbox"/> Learn about the stars on a dark night.
<input type="checkbox"/> Build a model from Lego or similar.	<input type="checkbox"/> Go geocaching.	<input type="checkbox"/> Do a Random Act of Kindness together.	<input type="checkbox"/> Play a board game.	<input type="checkbox"/> Follow some drawing tutorials on Youtube.	<input type="checkbox"/> Set up a hot chocolate bar.	<input type="checkbox"/> Train together for an event such as a 5K run.
<input type="checkbox"/> Go to a play or a concert together.	<input type="checkbox"/> Set up a mini business together.	<input type="checkbox"/> Bake and decorate a special cake.	<input type="checkbox"/> Research the family tree together.	<input type="checkbox"/> Share and make a playlist of favourite songs.	<input type="checkbox"/> Cook a favourite meal together.	<input type="checkbox"/> Go on a hike.
<input type="checkbox"/> Get up to watch the sunrise.	<input type="checkbox"/> Make and send a message in a bottle.	<input type="checkbox"/> Learn a new skill together.	<input type="checkbox"/> Volunteer together for a cause that is important to you.	<input type="checkbox"/> Spend a night in a tent.	<input type="checkbox"/> Make a scrapbook for special memories.	<input type="checkbox"/> Set up a fun photobooth and take photos.
<input type="checkbox"/> Make and hide a time capsule.	<input type="checkbox"/> Watch a movie together.	<input type="checkbox"/> Ask your child to teach you something they enjoy.	<input type="checkbox"/> Play some pen and paper games.	<input type="checkbox"/> Visit somewhere new.	<input type="checkbox"/> Make over your child's bedroom together.	<input type="checkbox"/> Visit a museum that interests your child.