

“Family Fun Night”

Family Fun Fitness

We are living in a time of increasingly individual and solitary activity, with each member of the family going his own way to pursue individual interests. As electronics have become cheaper, it’s no longer unusual for children to have their own TVs or computers in their room. Each family member is so glued to their own electronic device that they no longer enjoy quality and quantity time together.

Do you have a scheduled time set aside to enrich your family relationships? One night each week as scheduled family time helps you reconnect. One night! It’s not too much and yet, it’s something that most of us aren’t intentional about doing. Where do you begin?

Tips to Get You Started

1. Set a regular day and time.

Choose a regular day and time each week. Mark it on your family calendar. Don’t let other activities interfere or push it aside. Making family time a priority communicates that the family is important.

2. Involve your kids in the planning.

Talk to your kids about ways they would like to spend family night. When kids are involved in choices, they are more invested in trying things out. Let them help plan the activity and do any preparation for it.



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3. Eliminate distractions.

Put a circle of specialness around family night. Don't be distracted by work responsibilities. Focus on each other and not outside distractions.

4. Disconnect in order to reconnect.

Turn off the TV. Ban cell phones from the room. And, by the way, watching a movie on television does not count as family night. No technology is allowed. Technology prevents you from talking to each other. How can you reconnect if you are connected to a device?

5. Make sure everyone can participate.

Choose an activity that is suitable for everyone in the family. If you have a multi-age family, pair up younger kids with older ones; give the little ones a role; alternate an easy game with a harder one. Make it fun for all the family members.

6. Keep it fun!

Don't make it boring! This is why the kids need to help plan the night. What may be fun to you may not be fun to the kids. Ask for their feedback after each night and let that guide you for the next week.

7. Curb competitiveness.

Competitiveness gets in the way of fun. This is important to remember if you are playing a game together. There are more important goals for family night than winning and losing. Family Fun Night should be a time that everyone enjoys now and will remember warmly in the future.



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8. Keep it simple.

Remember, these family nights don't have to be extravagant. Sometimes the things that are the simplest will be the most rewarding and memorable.

Family time is one of the most important aspects of building a strong and loving family bond. The more time you spend together as a family having fun together, the stronger your family bond will become.

Why put off those amazing conversations, the fun teamwork, the laughter, and the giggles any longer? Start a family night tradition for your family and be prepared to be in awe of how much stronger your family bond feels almost instantly. Go ahead, pull out that calendar, call a family meeting, and schedule one now!



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Amazing benefits to Family Date Night:

In our home we love family date night! We look forward to it all week and if one of us is traveling we always FaceTime to participate even if it is from a distance! You must be thinking that we really go all out for Family Date Night! Well, not exactly ... but we are intentional ... and there is to be no mention of business or school during Family Date Night!

Amazing benefits to Family Date Night:

1. Listening.

We discovered new things about each other! We shared our joys and our struggles with each other. We didn't always try to solve problems, but we always emphasized with each other.

2. Family Bond.

Because we took time to listen this drew us together and strengthened our bond as a family.

3. Unplugged.

This one was a hard one ...unplugging from technology! But we stayed consistent and focused that we were going to be totally involved with each other and persevered. At first, we made it a rule to put our devices away then it just became natural and actually looked forward to!

4. Family Bond.

Because we took time to listen this drew us together and strengthened our bond as a family.



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Idea that we had fun with:

Always send out an invitation!

1. Make our own movie

We discovered new things about each other! We shared our joys and our struggles with each other. We didn't always try to solve problems, but we always emphasized with each other.

2. Board games.

Our family loves board games! We will play any board game at least once! We even made our own card game and had a great discussion about the rules.

3. Movie Night.

It is easy to do Movie Night! We decide as a family about the movie or episode on TV. We chose Survivor one time. We decided on a menu and special desert... Homemade Pizza and Piña Colada Smoothies!



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Movie Ticket

Admit One

You are invited to:
Family Night

When: _____

Where: _____

Movie Ticket

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