## **Father-Child Quality Time Activities**

These ideas are intended to give you some ideas for when you don't know what to do with your child. I hope that these ideas will be helpful to you when you don't have much time and perhaps even when you have more time than usual to spend together.

## When You Don't Have a Lot of Time

- Go for a short drive
- Go for a walk
- Go for a bike ride, scooter ride, etc.
- Go through a carwash
- Play a short card game or board game
- Play hide and seek
- Play tag
- Spin together
- Have a dance party
- Build with Legos or blocks
- Play with Playdough
- Paint a mural on large paper or cardboard together
- Color in a coloring book or print a free coloring page (there are tons of them online)

- Do a word search, color by number or dot-to-dot (lots of free printables online for these as well)
- Read books together
- Play with cars together
- Play video or computer games together
- Watch a short episode of a show together
- Have breakfast together, just the two of you, before anyone else gets up
- Get groceries together
- Go on a nature treasure hunt in the backyard
- Build a fort in the living room with blankets or outside with stray branches

## When You Have More Time

- Go to an indoor park/trampoline park
- Go to a splash pad
- Go to the pool
- Go to the beach
- Go to a nature preserve
- Go berry picking
- Hike through the woods
- Go to the mall
- Go to the dollar store
- Go out for lunch or a treat
- Go to a sports event (even if it's Little League at the local park)
- Go to a movie at the theater
- Go to a play at the theater
- Go roller skating/ice skating
- Go for a bike ride
- Go on a picnic
- Test drive a fun car
- Go to a workshop together (woodworking, cooking class for kids, art class, gardening)

- Build an obstacle course in the living room with toys, blankets, pillows and furniture
- Build something out of boxes, wood or crafting supplies
- Have a movie night for just the two of you with snacks and games
- Cook for the family together
- Plan a trip, outing or activity together
- Clean up the yard together (and keep it fun)
- Go to the arcade, laser tag, etc.
- Go to Costco or Sam's Club and get samples
- Go miniature golfing
- Plan a scavenger hunt to do together around the house or outside (you can find printables online for this as well)