

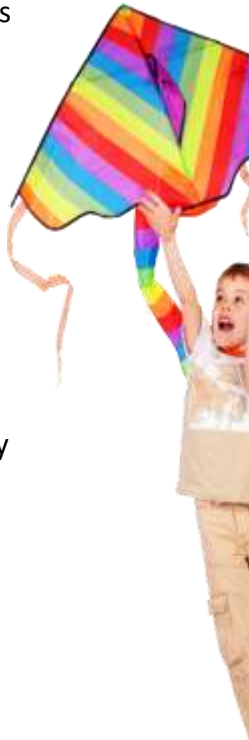


The Happy Family Challenge is fun for every kid and adult in your household! Each day, select one of the items below from the list and do it with your family - then track it online to qualify for some fantastic prize draws. Don't wait for tomorrow! Start now using these creative ideas for fun and healthy family activity today.

### **Explore the Outdoors with the whole family.**

1. Pick up your camera, water bottle and a backpack and go for a nature hike with your children. Let them take all the pictures.
2. Play rock bingo! Go on a hike with your children and have them collect 5 kinds of [common rocks](#) to get bingo.
3. Walk/Bike to a nearby garden center to pick up some herbs and plant a herb garden box for the window with your children.
4. Go swimming at the local pool and play "water tag" with your children.
5. Play a game of tag or hide and seek in the neighborhood with your children and their friends.
6. Go to a bait shop with your children to find an easy to reach local fishing hole. Now go fishing and teach your children how to put the bait on the hook.
7. Ride your bikes to the park with your children. Don't forget the helmets and safety gear!
8. Play a game of catch in your backyard or at a nearby baseball diamond.
9. Pick up recyclables with your children and return them for a refund, then spend the money you get on a family treat.
10. Go for a walk on the beach together and collect shells.
11. Collect leaves of different shapes and press them between book pages.
12. Make snow angels or a snow fort together with your children.
13. Look in the local yellow pages to find out where you can take your children horseback riding and go.
14. Have an egg or water balloon toss in the backyard with your kids and a few of their friends.
15. Go to the nature park with your children and find a neat spot. Now make a creative story about it.
16. Go roller skating/blading in an empty parking lot with your children.

17. Play a game with your children on the playground equipment at your local park/school ground.
18. Play Frisbee together.
19. Go for a picnic in the backyard and read your favourite books together.
20. Make a kite, walk to a nearby field with your children and fly it together.
21. Have your children draw a [hop-scotch](#) course on the driveway with chalk and play a game of hop-scotch together.
22. Go on a "treasure hunt" with your children and dig for fossils or gems at a nearby park.
23. Play with the garden sprinkler in the backyard with your children.
24. Play a pickup game of basketball with your children at a nearby school ground.
25. Find a canoe rental place in the yellow pages, go canoeing and give each family member a turn at paddling.
26. Pick up a bird watching book at the library and go bird watching.
27. Visit the zoo and have your children each pick out an animal they want to see, find it on the zoo map and get trekking.
28. Stroll through a public garden and see if your children can name the different flowers they see.
29. Build a snowman with your children and have them pick out the items for the face. E.g. a carrot for the nose
30. Divide your family into two teams and have a snowball fight in your yard.
31. Get the sidewalk chalk out and have a family drawing contest on your driveway or sidewalk.
32. Play miniature golf with your children at a nearby course.
33. Have your children set up a croquet course in your yard and play a game together.
34. Go to an outdoor water park/water slides with your children.
35. Visit a local theme park and go on all the rides with your children.
36. Go skating at an arena or outdoor rink and make a skating train with your children by holding hands.
37. Play a game of road hockey together on your street.
38. Bust the skipping rope out of the garage and get jumping!
39. Play a game of touch football in a nearby park.
40. Skip rocks together at a nearby river or lake.
41. [Spray paint fun designs](#) in the snow together.
42. Pick up some bubble blowers and get outdoors to have some bubble fun.
43. Visit the local farmer's market together.
44. Hold a family reunion and have potato sack races.



## Indoor Fun for those Rainy Days



45. Put on some cool music and have a dance-a-thon with your family.
46. Pick up some bean bags at a dollar store and [learn to juggle](#) together in the rec room.
47. Set up the kitchen table with a variety of different food ingredients and have a mystery baking contest.
48. Make [caramel popcorn](#) with your kids and rent a family movie.
49. Have a WiiFit competition using a game the whole family can play.
50. Find some construction paper and make and fly [paper airplanes](#) with your children.
51. Make a scary/funny movie and have your children star in it
52. Take the family on a tour of your local fire house or police station.
53. Go bowling at the alley with your children.
54. Visit a planetarium with your children and help your children find different stars, planets and constellations.
55. Build a fort with your living room furniture and hide out in it with your children.
56. Make [bread dough animals](#) and bake them with your children.
57. Go to a movie matinee and eat popcorn with your children.
58. Put on some classic music and sing to it with the whole family.
59. Get out some arts and crafts and have a silliest picture drawing competition.
60. Visit your local library and have your children pick out some bedtime books to read with them.
61. Have each family member write a paragraph in a letter to a distant relative.
62. Teach your kids how to do some maintenance on the home. E.g. vacuuming, dusting, cutting grass, raking leaves, cleaning windows
63. [Make model boats](#) as a family from scratch and then see how they float in your local lake.
64. Train your pet(s) with your children and play with them.
65. Research on the internet about foreign cuisine and prepare a foreign meal together. Eg. Sushi
66. Get some old clothes “out of the attic” and have a kooky dress up competition with your family.
67. Have the whole family dress up with a theme in mind and take a family portrait to display in the living room.
68. If you have a video camera, make a family documentary you can look back at in a few years.
69. Look at the local community bulletin board for any free community events you can attend.
70. Visit a local thrift shop with your children and work on fun family themed costumes.

71. [Make a picture frame out of macaroni](#), beads, sparkles and other crafts with your kids.
72. Read a book together under a warm cozy blanket.
73. Design and make a family flag or emblem with your children at the kitchen table.
74. Have the children make breakfast for someone in your family and serve it to them in bed.
75. Do a magic show with your children and invite neighbours and friends over to watch.
76. Write a family newsletter and give each child a section to write in or draw a picture for.
77. Have a family group hug.
78. [Make a time capsule](#) and have your children write a letter about what they want to be when they grow up.
79. Have a chess or checkers competition with the children.
80. [Make play dough](#) together and build something out of play-dough.
81. Build something out of Lego together.
82. Play board games all day long with the whole family.
83. Pick up tickets to watch a play at a local theater together.
84. [Build a birdhouse](#), put it up and watch the birds make it a home.
85. Make a baking soda and vinegar [working volcano](#) in the garage.
86. Clean out your house and have a garage/yard sale and teach your children how to make change for customers.
87. Work on a crossword or jig saw puzzle together on the coffee table.
88. Help your children [create a collage](#) from old magazines with scissors and glue.
89. [Make plaster hand prints](#), put name, year, and age on the back of all your children.
90. Make puppets out of [lunch bags](#), old socks, felt, wooden clothespins and have the children put on a puppet show.
91. Bake your family's favourite pie and have the children mix the ingredients.
92. Teach your kids about what to look for in the ingredients section of food to make sure it is not loaded with sugar, then go to the grocery store and have everyone pick out something healthy they've never had before that they'd like to eat.
93. Make some healthy frozen yoghurt sundaes and have your children add the toppings!
94. Eat a family meal without using silverware. Try chopsticks instead!
95. Have a barbecue on the back patio together.
96. Bake a double batch of cookies and deliver one batch to a neighbour. Have your children add the chocolate chips or raisins!
97. Help your children put together their own lunch and go on a picnic in the park.
98. Make your own [pizza crust](#) and have your children add their favourite toppings.
99. Play [Tic-Tac-Toe](#) together.
100. Make lemonade together and set up a lemonade stand at the end of your driveway.
101. Invite another family over for a game of charades.

## For your Community



102. Collect non-perishable food from your pantry with your children and donate to your local food bank.
103. Collect old clothes for a local charity together.
104. Volunteer at a local special event together.
105. Gather items with your children and donate them to a disaster relief effort.
106. Write and send postcards to pen pals with your children.
107. Volunteer to pet animals at the local SPCA.
108. Volunteer to walk a dog at the local SPCA.
109. Volunteer with a local organization to pick up trash at a nearby park.
110. Clean out your craft cupboards and donate any extra craft supplies to a local Boys and Girls club or community center.
111. If it is near any holiday, make some greeting cards to deliver to a nursing home or hospital.
112. Learn to knit together and make warm hats, warm mittens, and/or simple scarves and donate them to homeless shelters and other organizations.
113. Make some [place mats](#) and donate them to a nursing home, preschool, or even a soup kitchen.
114. Do yard work for someone in your neighborhood that can't get around too well.
115. Make bird houses and/or bird feeders to hang up at a nursing home other places where people will enjoy watching the birds.
116. Bring your family pet into a nursing home for residents to enjoy for a day.
117. Buy some seedling trees and plant them in a nearby community garden.
118. Gather up old sports equipment together and donate it to a local organization that recycles old sports equipment for low-income families.
119. Volunteer to serve at a locale soup kitchen.
120. Sponsor a child overseas and have your children draw pictures to send them in a letter.

Enjoy this fun for the whole family and your opportunities to win great prizes!

The more you check off the list, the more chances you have to win!