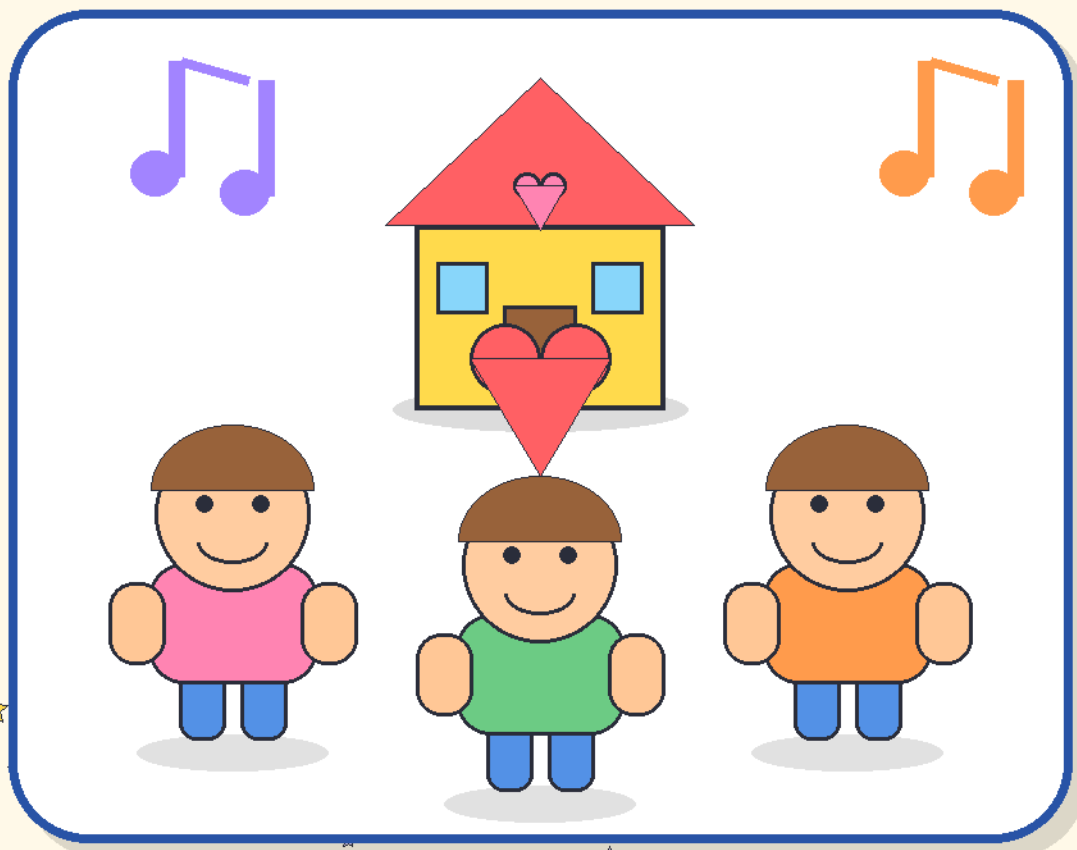


Family Bonding Activity Cards

Simple connection ideas for happy family moments



**Choose a card, try it together, and enjoy
the little moments.**

How to Use This Pack

Pick one activity and keep it simple



1

Cut out the cards

Keep them in a jar, basket or envelope where the family can reach them.

2

Choose one each week

Do not try to do everything at once. Start with one realistic idea.

3

Let children help plan

They can choose the song, snack, story, walk or movie theme.

4

Celebrate the moment

It does not need to be perfect. Connection is the important part.

Family note: Adapt every activity for your child's age, safety needs and home routine.

Activity Cards 1-4

Cut out and choose one



1

Screen-Free Supper



Put screens away for one meal.
Ask each person: What made you smile today?

2

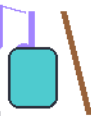
Living Room Campout



Build a blanket fort, add cushions,
read stories and pretend you are camping.

3

Tidy-Up Song



Play one upbeat song and tidy
together before the music ends.

4

Story Circle



Take turns adding one sentence to
a silly family story.

Cut along the outside of each card.

Activity Cards 5-8

Simple ways to connect



5

Gratitude Jar



Write or draw one thankful moment and place it in a family jar.

6

Nature Scavenger Walk



Find something soft, rough, yellow, green, tiny or beautiful outside.

7

Cook-Together Night



Choose a simple recipe and give children safe helping jobs.

8

Puzzle Project



Leave a puzzle or building activity out and add pieces together.

Let children pick a card when family time needs a fresh idea.

Activity Cards 9-10

Plus two blank family cards



9

Themed Movie Night



Make tickets, choose snacks and turn the sofa into a family cinema.

10

Highs and Lows



At bedtime, share one happy part and one tricky part of the day.



My Family Idea

Draw or write your own activity.



My Family Idea

Draw or write your own activity.

Use the blank cards for your own family traditions.

Screen-Free Supper Prompts

Conversation cards for the table



What made you smile today?



What was tricky today?



What song should we play after dinner?



Who helped you today?



What are you thankful for?



What would you like to learn?



What made you laugh this week?



What family activity should we try next?

Tip: Keep answers short and gentle. This is for connection, not pressure.

Family Tidy-Up Song Card

Sing, move and work as a team



**Pick it up, put it away,
Helping hands are here today.
One small job, then we're done,
Family tidy can be fun.**

Shoes in pairs and toys in rows,
Books go back where each one goes.
Sing together, one, two, three,
A tidy room for you and me.

Tidy-up challenge

☐ Books away

☐ Toys in box

☐ Shoes paired

☐ Table wiped

Gratitude Jar Notes

Cut, write, draw and save



I am thankful for...

Today I smiled when...

Someone helped me by...

I liked it when...

My favourite family moment was...

I felt loved when...

I helped someone by...

Something kind I noticed...

Younger children can draw a picture or tell an adult what to write.

Nature Scavenger Hunt

Find little wonders together



☐ Something soft

☐ Something rough

☐ A yellow leaf

☐ A tiny stone

☐ A bird

☐ A flower

☐ A stick

☐ A cloud shape

☐ Something green

☐ Something that makes you smile

☐ A sound you hear

☐ A safe place to sit



Safety note: Stay together, avoid unknown plants, and do not pick up sharp or unsafe objects.



Cook Together and Check In

Two family connection pages



Cook-Together Night Checklist

- | | |
|--|---|
| ☐ Wash hands | ☐ Choose safe child jobs |
| ☐ Count ingredients | ☐ Set the table |
| ☐ Eat together | ☐ Tidy together |

Adult jobs: oven, knives, hot pans, allergies and food storage.

Bedtime Highs and Lows

My high today was: _____

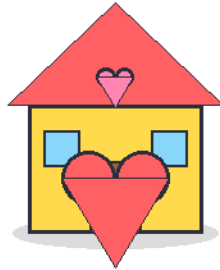
My low today was: _____

One thing I need tomorrow: _____

Parent tip: Share your own answers too, in a simple child-friendly way.

Family Connection Star

Certificate



This certificate is awarded to

for spending time together,
listening, helping and making memories.

Family Bonding Star

Date

Signed

