

Focus on Family (Time)

With most of us spending time indoors, now is a great time to spend it together as a family. Check out these fun ideas for creating experiences to share with one another while you are getting closer as a family.

Sweatin' with the Oldies

Designate one night a week to get some exercise together. Many gyms, dance studios and private fitness coaches are hosting virtual classes. Take advantage of this time to get some energy out and get fit at the same time.



No Dice

Have a game night once a week. Pull out those board games that have been gathering dust in the closet and take turns deciding which one you'll play that evening. Or if you have video game console that has tournament capability, set up a family challenge.



Nailed It (home edition)

Like the popular TV show, make up a fun challenge for your family to participate in. Whether it's food related or a craft project, decide what you're making and then set a timer. Once it's complete, take photos and post on social media. The creation with the most "likes" wins. And what's the prize? Not having to clean up the mess that was made!



Around the World

Plan an evening of culinary exploration. Make an appetizer from one country, a main course from another and maybe a dessert from a third. Or keep it consistent and stick with one great nation. Research music and dress from that country and dress for the occasion. It will feel like you're traveling without leaving your house.

