



# Family Creativity & Adventure Challenge Activity Book

20 Idea Starters for Fun and Creative  
Digital-Free Activities to do with Your Family

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Create & Explore Series 1

## Ground Rules

The family activities and ideas in this booklet are intended to give families starting points to come together for 10-30 minutes in fun, creative, artistic, and inventive ways. These activities are not for the kids to do- parents you are expected to participate as well. Also, use these ideas to come up with your own activities or build on these ideas. Brainstorm other ideas or keep doing the activities you likely weekly as a family.

## Continuous Line Creative Challenge

The first family member starts drawing a line below for 3 seconds then stops. Each additional family member begins drawing a line from the end of the last line for 3 seconds. See what neat design or drawing you come up with as a family.

### Storytime: Unlocking Doors

Imagine each person has been given a key or lock. (Think of all the different types of keys and locks – skeleton key, tube key, cut key, keypad, pad lock and on and on- and discuss what types of things keys and locks open). Each person will make up a story about what the key opens. The more creative the better. Write your ideas down below.

### Imagination Station: Cloud Gazing

Find a spot to lay down outside (in your backyard or at the park) and look up at the clouds. What shapes, animals or other things do the clouds look like to you?

## Invent: Build It Challenge

Gather several different items that could be used to stack, build and create (ex. Playing cards, dominos, popsicle sticks, small sticks, rubber bands, paperclips, string, small paper plates or cups) and get building- see how high you can build, or if you can make a bridge or structure. Build together or individually- whichever way makes your kids get more excited.

## Paper Airplane Challenge

Get a pile of paper and scissors- have a paper airplane design and flying challenge. If your kids are very young help them make an airplane and then everyone throw them at once to see how far they go. It's a great backyard activity but you can do it indoors as well. (Need directions? We have paper airplane directions on [ziggityzoom.com/play](https://ziggityzoom.com/play))

### **Food Challenge: Play with Your Food**

Set out a variety of food options (ex. Bread, spreads, small items like chocolate chips, nuts, sliced up fruit) and play with your food- spread on some jam or peanut butter or hazelnut spread and make a face or animal or design.

### **Storyteller: Flashlights & Shadows**

Get out your flashlights and turn off the lights. Use your hands to make shadows on the wall by putting your hands between the flashlight and the wall. Tell funny or spooky stories or make funny animals. Write down your favorite story or animals.

### **Build: Make a Pillow Fort**

Pull out a few sheets or blankets and pillows and clips and work together to build an epic sheet and pillow fort to spend the evening relaxing in- bring in snacks, and a few books or coloring books, flashlights and music. (ideas for making the fort- hang the sheets over a large table, or use chip or binder clips to attach the sheets together and to clip it to furniture, use clips and string to hang the sheets up and attach it to a large piece of furniture)

### **Creativity: This Could Be Used For Activity**

Want to make dinnertime a bit more interesting? Bring an everyday object or a unique object to the table. Tell your family you are going to play a game and set the ground rules and get thinking. Each person gets a turn to hold the object and come up with a way the object could be used. There are only two rules- you need to come up with an idea that goes beyond the items typical use and there are no wrong answers).

### Explore: Family Scavenger Hunt

Make a list of items to find nearby your house or the park (or in your yard) and if there are more than 3 people make teams. Give each team the list of items, set a time and a place to meet once you find the items. (If you want a list- go to [ziggityzoom.com/play](https://ziggityzoom.com/play) and find the Scavenger Hunt Lists to print)

### Giving: Operation Kindness

Pick an afternoon (or morning or evening) and come up with an idea you can do to brighten someone's day (ideas: bring cookie or flowers to a neighbor, offer to help a neighbor, or cook a meal for someone, or give a stranger a flower or treat). Come up with a few ideas and people who you'd like to show kindness.

### Story: The Never-ending Story

It's Storytime! Start a story and have each person add to the same story- go around in a circle and have each person go- it's fun to write down the stories you come up with. (Idea: start with each person adding to the story 2-3 times ).

### Imagination Station: Every Day is a Celebration

We want families to celebrate each other and the things they love more often. Let's not wait for birthdays and big holidays to blow up balloons, blow out the candles, make a special meal, use the nice dishes, or to make each other feel special. Tell your family you are going to come up with things to celebrate in your house besides birthdays, and holidays. Ask each person to come up with a few ideas and write them down and then decide when you are going to celebrate. Nothing is off limits.



### **Creativity: Coloring Horses**

When young kids color they use all the colors of the rainbow and fill the entire page- they aren't concerned about what is realistic or coloring inside the lines. Kids are just excited and joyful to see the colorful lines on the page. As we get older we want to color in the lines and often we tell ourselves or our kids to color a horse brown, or black or white- we start putting constraints around creative and artistic time. Well it's time to get creative again without any conditions. (here is an easy printable to use- <https://ziggityzoom.com/learning/color-number-horse-worksheet/>)

### **Art Challenge: The Shape of Things**

Got outside and collect a handful of items found in nature (ex. Leaves, acorn, flower petal, rock, etc) and see which items fit into each basic shape (circle, oval, square, rectangle, triangle, and so on). Another idea is to glue down the leaves and flowers and flat items and make them into animals, creatures or people by drawing around them.

### Best Day Ever: Our Favorite Things

Make a list of a few of each person's favorite things (it can be foods, places, books, outdoor activity (ex. riding bikes, going to the beach, etc.) And set aside one evening or Saturday to try to fit in everyone's favorite things (note: you can create an outing that does not cost money or not very much- ex. If you love Paris maybe you cook a favorite French meal along with a walk on the beach and riding bikes).

### Explore: Afternoon Escape

Take turns each week going on an outing that someone in the family picked. Brainstorm places each person likes to go and each week or month pick one of the ideas below and spend the morning or afternoon on the outing. 1 rule is no complaining- some weeks it might not be someone's favorite place but another week it will be.

### Outing: Surprise Picnic

Pack a lunch and drinks, grab a blanket and a favorite game and pile in the car and find a grassy spot for a picnic. (buy or make food, bring along a frisbee, football, tossing game or favorite card game). Kids love picnics and in our rushed world it seems less and less families take the time to picnic. We want to encourage you to make time to get outside and spend some digital-free time with your kids.

### Family Bonding: Silly Stories

Let's spend time with the people we love and have a few laughs. It is a busy time of year and most families are online more than ever. Disconnect and get laughing (either go to [ziggityzoom.com/Play](https://ziggityzoom.com/Play) and print our Silly Stories to fill in or make up your own fill-in the blank stories similar to Mad-Libs)

## Final Challenge:

**Pick your favorite Family Creativity or Adventure**

**Activities (or make up your own) and keep adding them into your schedule each week.**

Remember: sometimes it takes a few times before everyone wants to participate, relaxes and has fun. If your family spends more time together off your phones, and tvs and more time doing things together that let you explore, move, get creative and laugh you will cherish those times together.

## Additional Ideas:

Depending on the age of your kids (4-6,7-9,10-13, or older) you will want to pick activities that are age appropriate for their attention span, abilities and keep their interest. Here are a few more ideas to get your family thinking of ideas to do together for some digital-free family fun.

- Plan a backyard or indoor camping night
- Go canoeing, kayaking or paddle boarding
- Take a trip to a nearby farm
- Before or after dinner start a game tradition- we played Connect 4 or Jenga or a Stacking Game. Another great game is Reverse Charades (it's a ton of laughs- invite your cousins or grandparents over to play).
- Plan a regular game night
- Have a make your own mini-pizza night (you can buy kits or make your own)
- Go on a family bike ride

- Paint Kindness Rocks and put them around town

Check out [ZiggityZoom.com](https://ZiggityZoom.com) for more family outings and adventures

We'd love to hear from you. Have ideas, suggestions or comments about content you'd like to see- send us an email at [info@ziggityzoom.com](mailto:info@ziggityzoom.com)