

FAMILY FUN IN THE SUMMER

With summer officially underway, there is no better time to do some fun activities as a family! Activities are a great way to make our family connections stronger and they can teach children different skills that may be beneficial for their development.

Not sure what to do this summer? Take a look at the list below for some fun and simple ideas to help your family bond this summer:

- **Potato Sack Race:** As a family, decide whether you want to race from one spot to another or if you want to make it more difficult by adding obstacles. You can make teams and have two people race at once or have everyone race at the same time. It is completely up to you! Don't have a potato sack? Use a pillow case – it'll work the same.
- **Three-legged Race:** Divide the family into pairs, ideally matching individuals to those with a similar height and build. Each competitor stands next to their partner and puts their arm around their waist. The inside legs are brought together, and a rope is used to tie them together. Line all the pairs up, and race to the finish line.
- **Hopscotch:** Grab some chalk and draw a hopscotch obstacle. Not interested in jumping? Instead, use the chalk to draw some amazing artwork on the sidewalk.
- **Drip, Drip, Dunk:** This game is similar to Duck, Duck, Goose, but with a refreshing twist. When you're walking around the circle, drip water over the 'ducks' heads. Once you select the 'goose', squeeze the wet sponge onto their head. To make the game run more smoothly, keep a bucket of water in the middle of the circle so you can refill the sponge between players.
- **Make Homemade Bubbles:** Mix ½ cup of sugar into 4 cups of warm water until it dissolves. Whisk in ½ cup of blue Dawn dish soap into the mixture and then let it sit for a couple hours. To make a homemade bubble wand, grab a stick and some pipe cleaner. Twist the pipe cleaner around the stick in a circle and then voila!

Trinity Walker is the Youth Development Coordinator and offers youth and family programs in the Lethbridge County. For more information about FCSS Youth Services, contact Trinity at 403-394-8101 or trinity.walker@fcss.ca

Visit www.fcss.ca for more information.

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