

FAMILY FUN BOWL

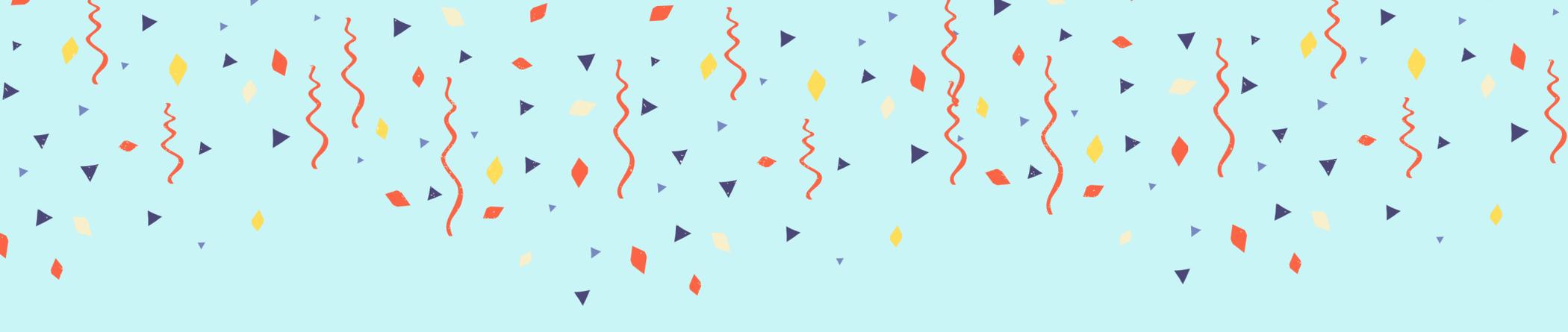
Looking for a simple way to spend quality time together as a family? The Family Fun Bowl is an easy, playful activity that helps families connect, laugh, and enjoy screen free moments — even on busy days!

What You'll Need

- A bowl or box (any size)
- Small slips of paper
- Pens, colors or crayons
- Happy family vibes

How to Play

1. Sit together as a family and decide a time for your Fun Bowl.
2. Write fun, simple activities on paper slips. Fold them and place them in the bowl.
3. Activities can be silly, calm, creative or bonding — there are no rules!
4. At the chosen time, one family member picks a slip from the bowl.
5. Do the activity together and enjoy the moment — no screens allowed!
6. Take turns picking from the bowl each time.



Fun Activity Ideas

- Share one happy moment from the day/week
- Do a silly dance together for 1 minute
- Give each family member a compliment
- Play a quick game (charades, rock-paper-scissors, ludo, cards, uno, snakes and ladders, business, monopoly)
- Draw something together
- Plan a future family outing
- Tell a funny or happy story

How to Play

- Keep activities short and pressure-free
- Let children suggest and write their own ideas
- Change activities whenever things feel repetitive
- Focus on fun, not perfection!



Remember: Even 5–10 minutes of intentional family time can strengthen bonds and create lasting memories

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