

30 Days of (low-cost) FAMILY FUN!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Need more ideas? Ask your own kids! They might have a great, NEW idea for family fun.	After school and work, spend the evening outside. Grab blankets and a picnic dinner and stargaze together.	Find a local path or park for an after-dinner walk or bike ride. This is great conversation time with kids!	Family pizza night: mix 2 ½ C flour, 3 tsp baking powder, 1 tsp salt. Add ¾ C water and knead. Add toppings and bake 425 °F for 10 min. Yum!	Visit your local Home Depot on the first Saturday of the month. They offer a FREE project and class for kids.
Call your local movie theater and ask about free or low-cost Family Movie Fest.	Don't recycle that Sunday newspaper just yet! Read it together and search for free family events in the week ahead.	Jumpstart dinner conversation: go around the table and ask each person what they liked best about their day.	Stop by your bank and help your child open a savings account in their name.	Rainy day? Put on boots and head outside for puddle jumping. Then change into pajamas early and enjoy hot cocoa.	Plan a movie night. Search TV listings during the week for a family movie, or rent a video. Turn off the lights, cuddle and share the popcorn.	Hit the Museums! In Columbus, the Art Museum is FREE on Sundays!
Have a picnic in the park (then hit the great playgrounds!)	Make play-dough! Mix 1 C cold water, 1 C salt, 2 t veg. oil; slowly add mix of 2 C flour and 2 T cornstarch. Knead with flour on your hands.	Have each child choose a relative, then write a letter or draw a picture and put it in the mail. They'll love getting mail in return!	Have a dance off night. Move your furniture out of the way, play some favorite family tunes, and get moving!	Surprise your kids by pulling out photo albums , home movies and baby books. Talk about favorite family memories together.	Volunteer as a family. Not only is it free, but it's a great way to teach your children to help others.	Miss the mall? Give each child just a few dollars and hit a local yard sale to see what treasures you can find.
Make a visit to your local Zoo!	Make ice cream! Mix 1 C milk, 1 tsp vanilla in a qt. ziploc bag. In a gallon bag, mix ice and 1/3 C salt. Put small bag inside, shake for 5 min. Eat!	Buy a packet of seeds and plant a garden! Live in an apartment? You can grow herbs, beans and tomatoes on a windowsill.	Create your own art gallery. Supply the paint and paper, and be sure to display. Kids will love the attention their art gets!	Find a free outdoor concert. (Try your local rec center or park info.) Pack a dinner and start the weekend enjoying music together.	Rainy night? Go camping inside. Make tents with sheets, set up sleeping bags, talk and share snacks until you fall asleep.	Get wet! Fill buckets or a pool with water, get out bowls and cups, then pour, splash, spray! Mix in dish soap to make your own bubbles.
Plan a family game night , choosing fun games where all can play and win. Try Twister ... cut out colored circles, put on floor and go!	Bake a dessert together. Make an extra batch and take a surprise delivery to a neighbor or friend!	Hit the library. It's FREE, and offers more than just books. Check out videos and music, and attend book clubs and other events.	Head outside to enjoy nature. A park or even your own yard will offer the chance to search for bugs, plants, animals and more.			 Pinwheels for PREVENTION <small>Prevent Child Abuse Ohio</small>

