

Having Fun

By Jolene Roehlkepartain



Take time to have fun together as a family this summer. Play together. Be silly together. Find ways to connect in creative ways.

For

Young Family

Season

Summer

Needed

Bible; something to balance on your head, such as a small plastic tray or a small stuffed animal

Prepare in Advance

Place bookmarks in your Bible at Proverbs 17:22 and Job 8:21.

Activity Plan

1. Gather the family and say this prayer aloud to begin:

God, be with us as we have fun together as a family. Amen.

2. Ask someone to read aloud Proverbs 17:22 from your Bible or from the text below. Ask another person to read aloud Job 8:21. After hearing the verses, discuss your ideas about how playing and laughing might help a person feel good.

Proverbs 17:22: “A joyful heart is good medicine, but a crushed spirit dries up the bones.”

Job 8:21: “He will yet fill your mouth with laughter, and your lips with shouting.”

3. If necessary, move to an area with room to play. Have everyone stand up and spread out. Explain the “Body Parts” game:
 - Ask one person to name a body part. The players touch that part on another person’s body. For example, if the person says, “nose,” the other players touch another person’s nose.
 - Ask another family member to name a different body part. The players then use their other hands to touch that body part on someone else while still touching the first body part named. For example, if the second person says, “leg,” players move to touch someone’s leg while still touching the nose of the first person.
 - Then have everyone return to starting position and play the game again. See how many ridiculous poses you can get into.
4. Play another game. Have everyone stand up and spread out. Explain the “Balancing Act” game:
 - Find a lightweight item for family members to balance on their heads, such as a small plastic tray or a small stuffed animal.

- Have family members take turns walking while balancing the item on their heads. If they're good at this, try other maneuvers, such as running, skipping, or carrying more than one item on their heads.
 - Consider playing a game of tag. Have every player place something on his or her head to balance, including the person who is it. Play tag as usual. A person is "out" by being tagged by the person who is it or when the item balanced on his or head falls off.
5. After you finish playing, talk about which game you enjoyed most. Plan other ways to have fun together, trying to incorporate as many ideas from your children as possible. Children enjoy coming up with crazy ways to play, and they also love spending fun time with family members.
 6. Creating a ritual of fun is a great way for family members to grow stronger in their relationships and enjoy being together.

