



## Asset #20: Time at Home

Youth are more likely to grow up healthy when they go out “with nothing special to do” two or fewer nights per week.

It's an old idea, but a good one: a great way for families to spend time at home together is to gather around the table for a meal.



### 10 Ideas for Fun Times at Home

1. Rent a funny movie one weekday night. Make popcorn.
2. Have a family snowball, leaf, or soap suds fight.
3. Camp inside. Set up a tent or just pile sleeping bags on the living room floor.
4. Listen to the music that each family member likes and learn something about the performer.
5. Make smore's around a backyard campfire.
6. Invite your child's friends over and treat them well.
7. Have a family treasure hunt complete with map and clues.
8. Hide fun notes for others to find.
9. Have a family breakfast in the sleepiest member's bed.
10. Cook dinner together with each family member preparing a dish.

