PRACTICAL EBOOK AND WORKBOOK

Family Activity Ideas

More than 100 low-cost activity ideas sorted by age, place and time, plus a simple system for planning family time that actually happens.

SAMPLE

Digital Bundle House

Edition 1.0 · 2026 · Guide + workbook

Preview sample - selected pages only. The full guide and worksheets are in the paid download.

Contents

How to use this book 4

Chapter 1 Making family time happen 5

Chapter 2 Indoor ideas for any day 6

Chapter 3 Outdoor and active ideas 8

Chapter 4 Ideas by age, and for mixed ages 10

Chapter 5 Rainy days, screen-free time and nearly free fun 11

Chapter 6 Learning, kindness and seasonal ideas 13

Chapter 7 Planning outings and keeping memories 14

The workbook 15

Sources and further reading 23

SAMPLE

Preview sample - selected pages only. The full guide and worksheets are in the paid download.

How to use this book

You do not need more ideas as much as you need the right idea at the right moment. This book is organised for that.

Use Part One as an idea library. Each chapter covers one setting or need and lists activities with the time they take, the ages they suit and what you need. Use Part Two to plan: the interest survey tells you what your family enjoys, the idea bank keeps your favourites in one place, and the weekly plan makes sure family time is on the calendar.

How the ideas are labelled

Label	Meaning
15 / 30 / 60 min, Half day, Full day	Approximate time including set-up
Ages 2+, 5+, 8+, 12+	Youngest age the activity usually suits, with adult help where needed
Free / Low cost	Free means you probably have everything; low cost means a small purchase or entry fee

Start this week

Pick one 15-minute idea for tonight and one longer idea for the weekend. Momentum matters more than a perfect plan.

SAMPLE

Preview sample - selected pages only. The full guide and worksheets are in the paid download.

CHAPTER 1

Making family time happen

Families rarely lack love or good intentions. They lack time and a default plan.

The families who spend regular time together usually have a routine, not more free time. A standing "family night", a Saturday morning walk or a Sunday pancake breakfast becomes automatic once it is on the calendar. This chapter helps you choose a rhythm that fits your household.

Three simple rhythms

Rhythm	Example	Good for
Daily 15 minutes	A card game after dinner, a walk around the block, reading together	Busy weeknights, young children
Weekly anchor	Friday games night, Saturday park morning, Sunday cooking project	Most families; easy to protect
Monthly adventure	A trip to a new park, museum free day, picnic somewhere new	Older children, special memories

Getting buy-in from everyone

- Let each family member fill in their own interest survey (Worksheet 1).
- Take turns choosing the weekly activity.
- Give teenagers real responsibility: planning the route, choosing the restaurant, managing the budget.
- Keep it short at first; ending while everyone is still enjoying it builds goodwill.
- Agree simple screen rules for family time, such as phones in a basket.

Example: the Reyes family

Parents with children aged 4, 9 and 14. They set a Friday games night (45 minutes), a Saturday morning outdoor hour and one monthly adventure chosen in rotation. The 14-year-old chose bouldering at a local climbing gym, the 9-year-old a fossil-hunting walk, and the 4-year-old "the big slide park".

SAMPLE

Preview sample - selected pages only. The full guide and worksheets are in the paid download.

WORKSHEET 1

Family interest survey

Each family member fills in their own copy. Younger children can draw or answer aloud while an adult writes.

Question	My answer
Name and age	
My favourite thing we have done together	
Something I want to try	
Indoors or outdoors?	
Quiet or active?	
A place I would like to visit	
A game I love	
A food I would like to cook	
Something I could teach the family	
Best day of the week for family time	

Draw or write your dream family day:

SAMPLE

Preview sample - selected pages only. The full guide and worksheets are in the paid download.