

Fun Family Activities!

There are many activities to do with children. This list will help you in your quest to have fun with your kids, but if you don't find something on the list that you can use, then come up with your own! The list is budget-friendly, offering free and/or cheap things your family can do together.



Activities:

- **Play and laugh** with your children!
- **Compliment your kids** on the good things they do!
- **Visit museums and libraries** and attend plays and concerts with your kids/teens.
- Encourage your **teens to be involved** in at least one hobby
- **Have a regular family night** to do something together
- Play a **board game** with your child/family
- **Complete a puzzle** with your child
- **Involve youth in decisions** about family spiritual activities
- **Volunteer in programs** and activities for young children
- Have family meetings where **children have a voice in decision making**
- *Smile and say hello* to one new person each day
- **Learn about your own cultural heritage** and the heritage of others
- Do simple acts of **community service** together
- **Exercise** together as a family
- **Paper airplane competition**: see whose can go the farthest
- Make **music** with pots and pans
- Watch special **natural events** (e.g. eclipse)
- **Paint together**
- **Hopscotch**/Chalk drawings
- Make **sock puppets**
- Visit a **government building**: they are free, educational, and often have extra activities for kids
- **Charades**
- Create your own **scavenger hunt**
- Outlet shopping
- Budget home **make-over**
- **FLASHLIGHT TAG**
- **Watch** an air show
- Photography: Go out and **take family photos together**, or landscape photos, or nature photos
- Make **play dough**
- **Make wrapping paper**
- **Make Jam**
- Architectural **tour**
- **Collect bugs**
- **Geocaching**
- Back-door tour: ask a local bakery, or other shop if you and your kids **can see how things are made**

Local activities:

- **Redding library** has a variety of free activities for kids, teens, and their parents. Visit ShastaLibraries.org or call 530-245-7250 for more info.
- The *Old City Hall/Redding City Arts Council* routinely has **cheap, quality concerts**. Most cost money, but the fee is minimal.
- Shasta Community Health Center offers **free Yoga** every Tuesday and Thursday, starting at 2:30PM. Get there early! It's first come, first serve and spots fill up fast!
- If **Meditation** is your thing, the Center for Spiritual Living (530-221-4849) has cheap classes. If you are already a meditation pro, **they have spots for meditating on-site** that don't cost anything to use.
- Looking for good food and a fun atmosphere? Savory Spoon in Redding provides **Community Monday on the last Monday of each month**. From 12pm-4pm, come and enjoy a hearty meat or vegetarian meal on a pay-what-you-can basis. Call 530-222-7200 for more information.
- **Whiskeytown Recreational Area** offers a wide array of activities that families can do together: moonlight **Kayaking** starts in June (as well as daytime Kayaking) and junior/kids' programs too! Kayaking is free, but without an annual pass, there will be a small fee for parking. Call 530-242-3462 to find out about their Kayak program or visit: nps.gov/whis/.
- Try a **FREE movie in the park!** Visit: <http://www.enjoymoviesintheparkredding.com/movies/index.htm> for information (you can find them on FB too).
- Visit: redding.com, krctrv.com/community/community-calendar, visitredding.com, or after5online.com to **learn about many of Redding's events**.
- The **Anderson Library** has free events for children. Call 530-365-7685 to learn more.
- **Shasta Dam** in Shasta Lake City, CA offers free tours that run every hour in the summer, from 9:00AM-3:30PM.
- Meetup.com provides a lot of free events, outings, and group meets for Redding locals.
- The **Sacramento River trail** is a great place to exercise. It offers beautiful views and a work out for any level of physical activity.
- Go to the **Benton Dog Park** to watch or play with the dogs! (Always remember to ask the dog's owner if you can pet their pup first!)



Quick tips to prevent parent burnout:

- Recognize and take care of your **own needs**.
- **Managing stress**: Find ways to relax.
- Gather a **support network**: Asking for help is not weakness, it means you know your limits.
- Be a more realistic parent: **Don't try to do everything**. Sometimes you will have to tell your child 'no.'
- **Avoid comparing yourself** to other parents. (healthline.com)