

FOR IMMEDIATE RELEASE

For more information, contact Michelle Broxterman
Family and Child Development Extension Agent, Wildcat Extension District
mbroxterman@ksu.edu (620) 724-8233

Fun Activities to Strengthen Your Family's Connection

Nurturing strong family relationships is key to the well-being and happiness of every family member. As much as we want to prioritize quality time as a family, it can easily get lost in the busyness of work, school, and other activities. Research shows that investing time in family bonding can help all family members cope with stress, feel happier, and have good mental health.

Here are some ideas for having fun together and becoming closer as a family:

- **Game Night:** Get a monthly or even weekly game night on your family calendar. This is a great opportunity to put away phones and other distractions while you have fun playing board games, video games, or sports together.
- **Meal Time:** Set aside time to have at least one meal as a family every day. Get everyone involved in the process of planning, cooking, and cleaning up.
- **Outdoor Adventures:** Spend some time enjoying nature and doing things your family enjoys. You might want to try going on a walk, riding bikes, having a picnic, or playing at a local park.
- **Family Meetings:** Scheduling a regular family meeting is a good way to regularly check in and make sure that all family members are heard. Family meetings also provide an opportunity to practice active listening and problem solving.

The key to quality family time is being present and engaged. Make sure you turn off screens, ignore distractions, and focus on enjoying each other's company.

For more fun family bonding ideas check out thefamilydinnerproject.org or contact Michelle Broxterman, mbroxterman@ksu.edu or (620)724-8233.

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