

# APRIL 2025

## Relationship-Building Activities

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6

Do a **chore together**, like organizing the closet or folding the laundry.

7

Practice **yoga together!** YouTube has free, kid-friendly options, such as [Cosmic Kids Yoga](#).

13

Go on a **nature walk or hike** as a family. Sketch, draw or paint something from nature that you saw!

14

Create a **family time capsule** by gathering photos and other mementos to cherish and revisit in the future.

20

Build a **fort** and “camp out” in the living room.

21

Have a **spa day!** Paint nails, or try a facial mask.

27

Have a virtual “hangout” with a friend or family member via Zoom, FaceTime or Skype.

28

Listen to a **family-friendly podcast** or check out an audiobook from your local library.

1

Learn how to say **something in a new language**. Start by searching for “count to 10 in” and “say I love you in” that language.

8

Hug your **child** and remind them of your love.

15

Write a **handwritten letter** to a friend or family member.

22

Create **different infused water** flavors with your favorite fruits or herbs. Have a taste-test party after to see which one you like best!

29

Go on a **family walk**, or put on your helmets for a bike ride around your neighborhood or a local park.

2

Start a **journal** for you and your child to write notes back and forth to each other.

9

Read a **book together**, or ask your child about what they’re reading. Consider starting a chapter book to read from together each day.

16

Pick a **theme for dinner**, and dress up to match the theme.

23

Bake a **treat** to share with the family for dessert.

30

Share three things you are each **grateful** for.

3

Create a **web of affirmations**. Share a positive affirmation about a family member, and pass a ball of yarn to them. Repeat until a web forms.

10

Create a **family playlist**. Invite everyone in the family to add songs they love to the family playlist.

17

Write a **play or perform a puppet show** together using household items, like socks or brown paper bags.

24

Have a **family storytelling night**. Take turns telling stories, real or make believe, out loud.

4

Have a **game night!** Play a card game, your favorite board game or charades. You can even create your own board game for your family to play together!

11

Have a **screen-free heart connection weekend!** Put away all electronic devices and screens.

18

Talk to your **child about emotions**: What do you do when you’re happy, sad or frustrated?

25

Put on a **family fashion show**. Have each family member dress up in fun combinations of clothing from your closets.

5

Make **dinner as a family**: pizza, tacos or any recipe the whole family can be involved in making.

12

Take a **trip** to the **library**, aquarium or park as a family.

19

Create a **family vision board**. Sit down as a family, and create a vision board of goals, dreams and things you want to achieve or experience together.

26

Come up with a **family DIY project**, or create a piece of art for the house together.

**STRONG<sup>4</sup>LIFE**



For more resources, visit [Strong4Life.com](https://www.strong4life.com).