

Celebrate Family Day - A Day to Eat Dinner with your Children™

Frequent Family Dinners Make a Difference!

September 24, 2012



The National Center on Addiction and Substance Abuse at Columbia University

MAKE YOUR OWN PIZZA

Make unique pizzas (on the grill if it's warm enough) and see who comes up with the most delicious flavor combination.

INTERNATIONAL NIGHT

Enjoy a meal and music from various regions of the world: Asian, Indian, Middle

Eastern, Italian, Spanish...

OUT ON THE TOWN

Try a new restaurant tonight!

VOLUNTEER

Write letters to soldiers, volunteer at a soup kitchen or animal shelter or sign up to do a walk-a-thon for a cause of your choice.

KIDS COOK

Have kids cook dinner tonight (or at least pick the dish and help make it!)

WILD CARD

Choose any square or come up with your own idea!

COAT OF ARMS

A Coat of Arms has long been a symbol of a family's identity and values. Make your own personal family crest from our Family Dinner Kit print out.

LET'S TALK

Talk about pressing issues in the media or situations going on in your community.

GAME TIME

Learn a new game... chess, cards or a board game.
Winner picks the next game!

LIGHTS, CAMERA...

Record a "short". Write the script together, get the props and start acting!

SHOW THE LOVE

What is your family thankful for today? Make "appreciation" cards for loved ones. Put them on the fridge as a reminder.

GET CREATIVE!

Create a house made of popsicle sticks, re-create a famous work of art or design masks.

MOVIE NIGHT

Scroll through your movie collection and jazz up your popcorn with some fun toppings (chocolate, cheese, spices).

CHOOSE A COUNTRY, ANY COUNTRY...

Do some research on a country's culture. Hang up a world map and use push pins to mark the countries your family has "visited".

NO TALKING!

Play a game of charades.



SWEET TOOTH

Do some baking. Pick a dessert and make it from scratch.

EXPLORE MORE

Turn your backyard or your living room into a campsite – complete with s'mores, tall tales and a bonfire or candles.

COLLAGE FUN

Make a collage from old magazines. Make it more fun by adding materials you collect from outdoors.

SAY CHEESE

Buy a few disposable cameras and have everyone take a roll of funny photos. Put the best ones into a photo album.

FAMILY FAIRY TALES

Print out the prompts from the Dinner Kit and create your own fairy tale!

4 Easy Steps to the Family Fun Challenge

Step One: Choose a bowl: A top hat, a fishbowl, a bowl you painted together (anything eyecatching and fun!)

Step Two: Cut along the perforated lines into 25 separate tasks.

Step Three: Toss it all up! Then select a member of your family to randomly choose a square.

Step Four: Now perform whatever is on the square. (Don't forget to put the square back. You might enjoy it so much you'll want to do it again!)