

100 POINTS of family fun

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YOUR CHALLENGE IS TO SCORE A TOTAL OF 100 OR MORE POINTS

5 POINTS	5 POINTS	10 POINTS	10 POINTS	20 POINTS	20 POINTS	30 POINTS
Help clean up the kitchen after dinner.	Help prepare a family meal.	Read for 15 mins on your own.	Have a paper airplane contest.	Play a family board game.	Read a chapter book with an adult for half an hour	Create a quiz game for your family to play. Have an answer key.
Come up with 3 jokes to share with your family.	Offer to make a drink for someone in your family.	Teach someone in your family how to do something.	Go outside and watch the clouds for 15 minutes with an adult.	Cook a treat with an adult that you and your family can enjoy.	Write a letter or make a card for someone in a local nursing home.	Spend a whole day without any screens or technology.
Share memories of a favourite holiday or event over a meal.	Spend time with your family sharing 2 things you are grateful for.	Write a special note for someone in your family explaining why you love them (secretly leave it for them to find).	Capture 3 moments of family fun on a camera. Print them out and put them somewhere where you can see them.	Build a cubby house with an adult in your family.	Create a jar of compliments for someone in your family. Give it to them at a time you think they need it.	Create a gratitude tree on your fridge where each family member can record something, they are grateful for on a sticky note each day.
Play hide and seek inside the house.	Put a family favourite song on really loud and dance together.	Plan a family picnic to have in your front or backyard.	Play a game of cards with someone in your family.	Help fold and put away the washing.	Read a book of your choice and write a book review.	Open a 'family restaurant' where kids decide on the menu, help cook the food and clean up!
Have a staring contest with someone who lives with you.	Watch a movie as a family.	Make up a secret handshake with someone who lives with you. Practise it so you get really good at it.	Build something with a family member: Use a cardboard box, LEGOs, blocks, craft materials etc.	Create a kindness flyer to pin up somewhere in your local community.	Make your bed 4 days in a row.	Clean out your cupboard and prepare a bag of clothes or toys to donate to charity.