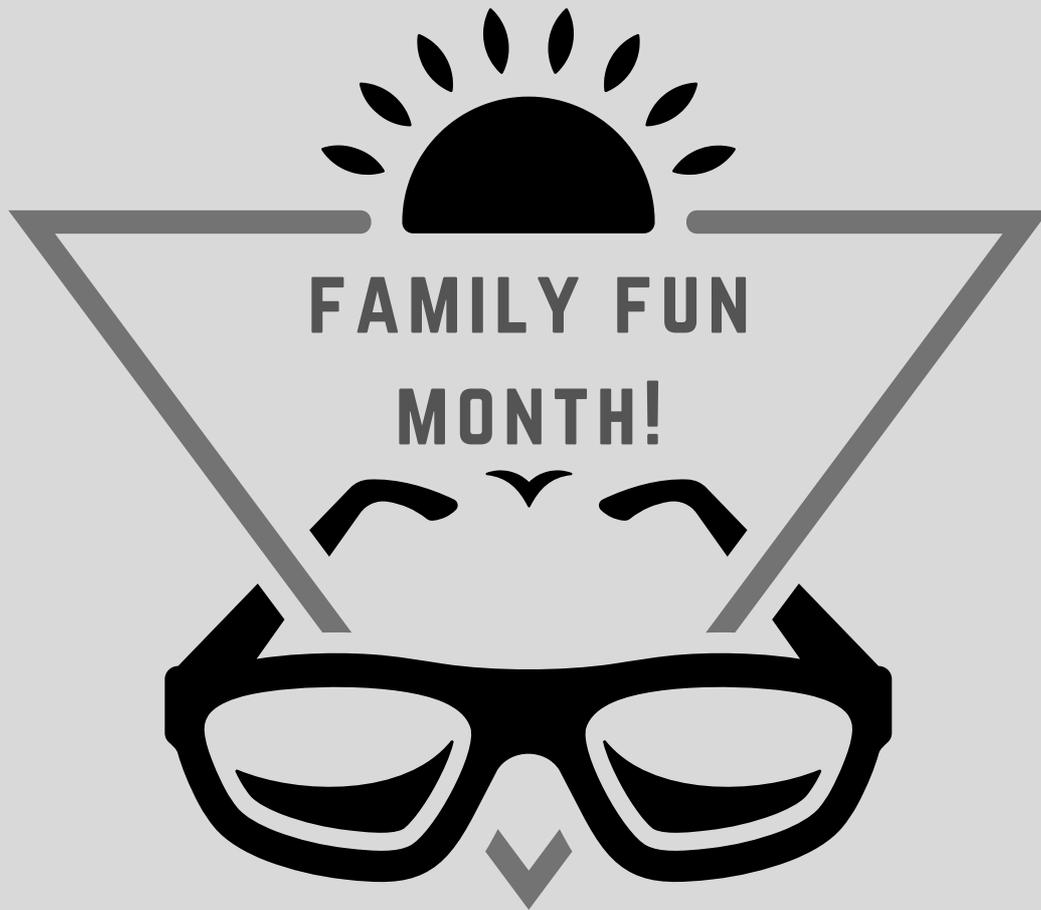


St. Andrew's Family Fitness Plus!



AUGUST 1-31

**CELEBRATE ALL
MONTH LONG WITH
FUN IDEAS FROM
SAFFP!**

- 31 Random Family Fun Ideas
- 31 Nutrition Tips for the Whole Family
- 31 Fitness and Wellness Tips for the Whole Family
- 31 Questions to Ask Your Kids at Dinner
- 31 Crazy Outdoor Games for Kids And Parents!

31 RANDOM FAMILY FUN IDEAS

Go on a picnic

Visit a water/amusement park

Take a trip to the local children's museum

Play a game of charades

Run through the sprinklers (or a fountain)

Make s'mores

Put a puzzle together

Try a scavenger hunt at the grocery store

Play hide and seek

Play miniature golf

Go to the beach and build a sand castle

Build an indoor tent

Have a fashion show

Have a sing-a-long

Have a water balloon fight

Go to library story time

Blow bubbles together

Go horseback riding

Have a tea party

Have a movie night

Toss a frisbee around

Make a pizza together

Roll down a grassy hill

Spend an evening star gazing

Go to the zoo or aquarium

Make a backyard obstacle course

Go to an arcade and play video games

Take everyone out for brunch

Take some silly family photos

Go on a bike ride

Spend a Saturday morning in your pajamas, watching cartoons and eating cereal

31 NUTRITION TIPS FOR THE WHOLE FAMILY

Start the day with a healthy breakfast

Allow kids to help prepare 1 meal each week

Take time eating, and chew slowly

Eat together as a family as often as possible

Aim for 5 servings of fruits and vegetables every day

Eat more whole grains, like brown rice and oatmeal

Drink plenty of fluids

Serve a variety of foods during meal times.

Serve food in smaller portions

Reward children with praise, not food

Do not demand or reward “a clean plate”

Let your child decide if they want seconds

Read nutrition labels together and discuss what they mean

Bake, broil, or grill foods. Avoid fried.

Use healthy cooking oils like olive, canola, or sunflower oil.

Choose snacks that provide nutrients and energy over junk food

Ask your doctor about vitamin supplements for your family

Know your daily calorie needs

Avoid eating in the car or while watching TV

Make healthy meals exciting with family theme nights- like Taco Tuesday

Eat only when you're hungry.

Shop for groceries on a full stomach

Enjoy fruit for dessert, and limit traditional desserts to special occasions

Create your own backyard garden

Remember kids do as you do. Be a positive nutrition role model

Turn off distractions and limit multi-tasking during mealtime

Make your own food art. For inspiration, just search the internet

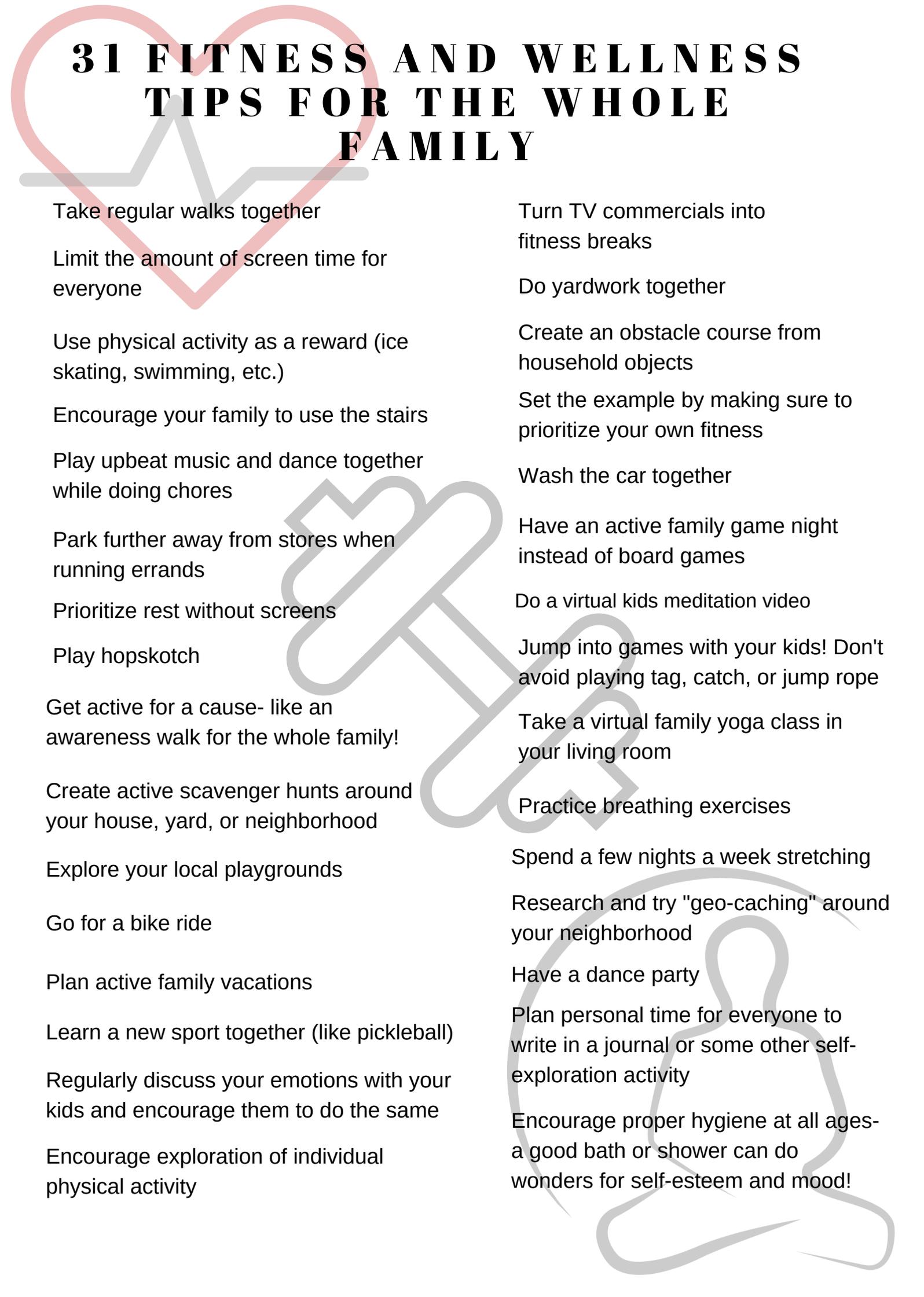
Sneak fruit into everyday kid favorites. For example, add blueberries or bananas to cereal.

You can sneak in some veggies too! Add peas or carrots to tomato sauce — and serve it over whole-grain pasta

Develop a regular meal routine

Involve your kids in the weekly planning of meals and the grocery list

31 FITNESS AND WELLNESS TIPS FOR THE WHOLE FAMILY



Take regular walks together

Limit the amount of screen time for everyone

Use physical activity as a reward (ice skating, swimming, etc.)

Encourage your family to use the stairs

Play upbeat music and dance together while doing chores

Park further away from stores when running errands

Prioritize rest without screens

Play hopskotch

Get active for a cause- like an awareness walk for the whole family!

Create active scavenger hunts around your house, yard, or neighborhood

Explore your local playgrounds

Go for a bike ride

Plan active family vacations

Learn a new sport together (like pickleball)

Regularly discuss your emotions with your kids and encourage them to do the same

Encourage exploration of individual physical activity

Turn TV commercials into fitness breaks

Do yardwork together

Create an obstacle course from household objects

Set the example by making sure to prioritize your own fitness

Wash the car together

Have an active family game night instead of board games

Do a virtual kids meditation video

Jump into games with your kids! Don't avoid playing tag, catch, or jump rope

Take a virtual family yoga class in your living room

Practice breathing exercises

Spend a few nights a week stretching

Research and try "geo-caching" around your neighborhood

Have a dance party

Plan personal time for everyone to write in a journal or some other self-exploration activity

Encourage proper hygiene at all ages- a good bath or shower can do wonders for self-esteem and mood!

31 QUESTIONS TO ASK YOUR KIDS AT DINNER

What was the best part of your day?

What was the hardest part of your day?

What's something new you learned today?

What's something that made you laugh today?

If you could be any animal, what would you be and why?

If you could go anywhere in the world, where would you go?

What is your favorite book right now?

Who is your favorite book character?

If you could only eat 3 foods for the rest of your life, what would they be?

Would you rather fly or breathe underwater?

What is the nicest thing someone did for you today?

What do you think makes a great friend?

What's one thing you want to learn?

Would you rather be 100 feet tall or the size of an ant?

What would you do if you were president?

What do you want to be when you grow up?

If you could do anything you wanted for a day, what would you do?

What's one thing you are scared of?

What's your favorite thing about school?

What's your favorite thing we do as a family?

What are you excited about for tomorrow?

If you could pick a new color for the sky, what color would you make it?

What is one favorite thing you do by yourself?

What's your favorite song?

What makes our family special?

What would you do with \$100?

What is your least favorite color?

What are 3 things you are thankful for?

What is one way you helped someone today?

What is something that you did (or didn't do) today that made you feel proud of yourself?

Would you rather go without television or junk food for the rest of your life?

31 OUTDOOR GAMES FOR KIDS ... AND PARENTS!

HORSE

Marco Polo

Johnny on the Pony

Freeze Tag

Steal the Bacon

Arm Wrestling

Kick the Can

Sardines

Stand-Off

Duck, Duck, Goose

Monkey in the Middle

Silent Ball

Dibble

Three Flies Up

Colors

Butts Up

Kickback

Hot Hands

Double Dutch

Four-Square

Four Corners

Kill the Carrier

Throwing Rocks

Shark & Minnows

Red Rover

Jackpot

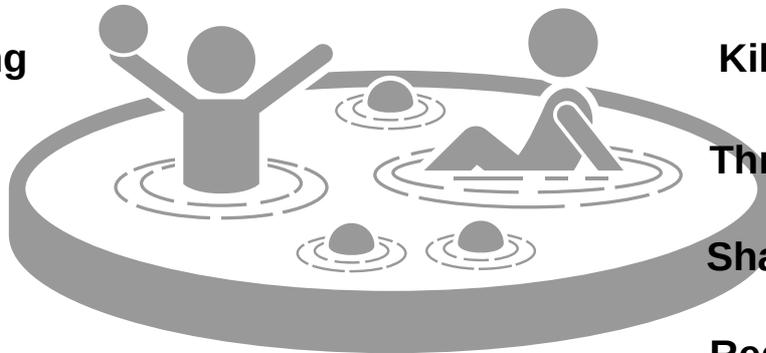
Pickle

Red Light, Green Light

Hide & Seek

Tag

The Floor Is Lava



Not sure how to play one of the games listed? Visit [fatherly.com/play/classic-outdoor-games-and-how-to-play-them/](https://www.fatherly.com/play/classic-outdoor-games-and-how-to-play-them/)