

15 ways TO SPEND 15 minutes together



- 1. WAKE UP AND STRETCH**
Do some morning stretches together or have a mini yoga session.
- 2. TRADE COMPLIMENTS**
Take turns sharing what you love most about each other.
- 3. HAVE A DANCE PARTY**
Create a playlist together with all of your family's favorite songs.
- 4. SHARE SOME SMILES**
Make each other laugh with tongue twisters, riddles, and jokes.
- 5. CREATE A NEW HOLIDAY**
Decide what to celebrate and come up with a new family tradition.
- 6. GO PLAY OUTSIDE**
Get some fresh air with outdoor games for the whole family.
- 7. MAKE MUSIC TOGETHER**
Use items in your kitchen for instruments and start a family band.
- 8. ASK EACH OTHER QUESTIONS**
Shake things up at the dinner table with conversation starters.
- 9. BUILD A FORT**
Make a cozy hideaway, then play a game or read together inside it.
- 10. RACE TO FINISH CHORES**
Crank up the tunes and see who can finish their tasks the fastest.
- 11. EXPLORE NEW FOODS**
Test out a recipe together or hunt for something new at the market.
- 12. INVENT A FAMILY GAME**
Create a mash-up of favorite sports or games and name it together.
- 13. DO AN EXPERIMENT**
Discover something new together with kid-friendly science experiments.
- 14. SOLVE A FEW PUZZLES**
Tackle a HIDDEN PICTURES puzzle together, or see who can solve it first.
- 15. TAKE PHOTOS FOR YOUR FAMILY ALBUM**
Create a scrapbook of all the special moments you shared together.

