



# 30 DAY FAMILY BONDING CHALLENGE

<b>1</b> Sit in one room and take turns in reading out a favourite book	<b>2</b> Take a road trip	<b>3</b> Learn about family history	<b>4</b> Have a favourite movie night	<b>5</b> Do a photoshoot
<b>6</b> Start a family journal	<b>7</b> Blow bubbles	<b>8</b> Go for a nature walk	<b>9</b> Learn about family finances together	<b>10</b> Make homemade pizza
<b>11</b> Tour a factory	<b>12</b> Go to a festival or a carnival	<b>13</b> Make family goals	<b>14</b> Send surprise notes to each other	<b>15</b> Play a sport or an indoor game together
<b>16</b> Visit extended family	<b>17</b> Plan your next travel	<b>18</b> Have a hula-hoop contest or any other balancing game.	<b>19</b> Bake a favourite treat	<b>20</b> Plant a garden
<b>21</b> Explore your neighbourhood	<b>22</b> Do a science experiment	<b>23</b> Create a schedule of family events	<b>24</b> Play "Simon Says"	<b>25</b> Plan out your daily chores together
<b>26</b> Go for shopping but this time buy for the people who serve you.	<b>27</b> Do some fitness workouts together	<b>28</b> Sort out old stuff in the house	<b>29</b> 50 crunches 2x 60 second plank	<b>30</b> Recall and share in turns what you think you're blessed with