



## Family Friday Ideas

### Fit Friday

Do movements in groups of five:  
Jumping Jacks, Stretches to the Left and Right, Toe Touches  
Create a family exercise or dance routine.

### Collect a Rainbow

Find items that represent the colors of the rainbow.

### Family Interviews

Get to know each other by interviewing or recording each other.  
Look at family photos and share what you see.

### Virtual Field Trips

Explore the world's popular zoos, aquariums, and museums  
from your favorite home gathering place.

### New Family Tradition

Living Room Camp-Out

Create a Family Handshake

Dress up as your favorite movie character and watch the movie together.

