

45 LILLÖRDAG IDEAS

OUTDOOR ADVENTURES

1. FAMILY PICNIC IN THE PARK
2. EVENING BEACH WALK
3. NATURE SCAVENGER HUNT
4. BACKYARD MOVIE NIGHT
5. BICYCLE PARADE AROUND THE NEIGHBORHOOD

CREATIVE OUTLETS

1. DIY CRAFT NIGHT
2. HOMEMADE PIZZA AND A MOVIE MARATHON
3. STORYTELLING EVENING (WITH COSTUMES!)
4. KITCHEN BAKE-OFF CHALLENGE
5. START A FAMILY SCRAPBOOK

EARNING TOGETHER

1. VISIT A LOCAL MUSEUM
2. ATTEND A WORKSHOP OR CLASS
3. STARGAZING
4. EXPERIMENT WITH SCIENCE KITS
5. PLANT A MINI GARDEN

RELAXATION & WELLNESS

1. FAMILY YOGA SESSION
2. DIY SPA NIGHT AT HOME
3. MEDITATION AND MINDFULNESS EXERCISES
4. TRY A NEW FITNESS CHALLENGE
5. MAKE HOMEMADE SMOOTHIES

FUN & GAMES

1. BOARD GAME TOURNAMENT
2. BACKYARD OBSTACLE COURSE
3. INDOOR TREASURE HUNT
4. KARAOKE NIGHT
5. VIDEO GAME MARATHON

EXPLORING THE COMMUNITY

1. SUPPORT A LOCAL EVENT OR FAIR
2. VISIT A NEW RESTAURANT OR CAFÉ
3. VOLUNTEER AS A FAMILY
4. GO ON A HISTORICAL WALK
5. ATTEND A COMMUNITY THEATER PRODUCTION

JUST BECAUSE

1. THEMED DINNER NIGHTS (E.G., MEXICAN FIESTA, ITALIAN NIGHT)
2. START A BOOK CLUB
3. WATCH THE SUNRISE OR SUNSET
4. MAKE BREAKFAST FOR DINNER IN YOUR PAJAMAS
5. DO A PUZZLE TOGETHER

KEEPING IT SIMPLE

1. WATCH A MOVIE
2. GET ICE CREAM
3. GO TO THE PARK
4. ORDER IN DINNER
5. HANG OUT WITH FRIENDS

SEASONAL SPECIALS

1. BUILD A SNOWMAN OR HAVE A SNOWBALL FIGHT
2. VISIT A PUMPKIN PATCH
3. GO SWIMMING
4. MAKE SEASONAL CRAFTS.
5. PLAN A MINI ROAD TRIP TO SEE FALL FOLIAGE OR SPRING BLOOMS.

“The trick is to enjoy life. Don't wish away your days, waiting for better ones ahead.”

— Marjorie Pay Hinckley