the fathering project

activity ideas for dads and kids

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Activities

Ready for an adventure?
There's fun to be had no matter which activity you choose.

Tick the boxes for each activity that you complete

Snap your activities and share with us on social media @**TheFatheringProject** **#DadDate #FatheringProject**

Design Dad Dates

Part 1) Write a list of 5 dad dates ideas you'd like to do together in the future. Remember, these are designed to be activities you complete 1 on 1 with dad.

Part 2) Choose 2 ideas you're going to complete and put the dates in your diary. Make a promise to each other that you'll complete them before a set date.

Pencils, paper, dad's diary.

Make a Camp

Camping is a great way to enjoy an afternoon or evening - whether you're in a homemade fort in your loungeroom or a tent under the stars. Set up your campsite and choose some other activites to expand your adventure!

Your choice. Essentials: shelter, pillow, sleeping bag/sheets, torch, snacks, equipment for activities.

Special Rules

Part 1) Have some fun creating some rules for the your Dad-day, weekend or forever!

Part 2) Are there any cheeky penalties for breaking the rules?

Paper, pencils, craft supplies.

Paper Planes

Make paper planes together. Decorate them, fly them and improve the design.
Make up games like the longest flight, the furthest flight and who can land closest to the target.

Activities

Official Flag

Design your own family flag or symbol and display it proudly in your at home. Is there an animal, shape or colour that's important to your family which could feature in your flag?

Paper, craft supplies.

Dress up Dad

Dress ups are always fun. You might like to choose some items from his wardrobe or maybe you have a dress up box to use. Does dad need a hat for your adventure? Perhaps he needs a face painted beard?

Access to dad's wardrobe, fancy dress pieces, face paint.

Family Band

Start a family band and make your own instruments with items found around the house. What everyday household items can you make different sounds with?

General household items.

Talent Showcase

Create your own dance or song and host a performance for your family.

Make Your Own Monster

Dress up like a scary monster and take a group photo! What does your monster look like?

Suggested: access to fancy dress box, household linen/sheets.

Cook Up

Who's hungry? Prepare and cook your dinner together. How many foods with different colours can you fit on your plate?

Your choice.

Activities

Magic Potions

Make and mix your own magic potion using items found outside in the garden. What does your magic potion do?

Outdoor garden, mixing bowl, spoon or stick to stir.

Apple Bobbing

Half fill a bucket with cool water and float several apples in the water. Taking it in turns, each person puts their hands behind their back and attempts to catch an apple with their teeth in the quickest time.

Bucket, access to water, several apples, stopwatch.

Alphabet Scavenger Hunt

Can you find items around your house, garden or local park that start with each letter of the alphabet?

Obstacle Course

Build your own obstacle course using only the items you can find around your home then race each other to complete it in the fastest time.

Sleeping Bag Race or Relay

Similar to the much loved potato sack race only using your sleeping bags to race to the finish or time trial a team relay. If you're worried about getting your sleeping bags dirty, use a plastic garbage bag instead.

Sleeping bags or plastic garbage bags.

Lights, Camera, Action

Make your own mini-movie about an adventure you'd like to have. This could be as high tech or low budget as you like and if you can't film your movie, just storyboard it on paper.

Your choice. Phone/video camera, pens & paper.

Activities

Spotlight

Find a semi-dark place and make sure there are plenty of hiding spots. Choose someone to be 'it' and give them a torch to help them 'seek' then everyone else hides. Don't get caught!

Torch.

Green Thumb

Plant something together in the garden or a pot and watch it grow over the coming weeks or months.

Plant/seedlings, soil, pot, gloves.

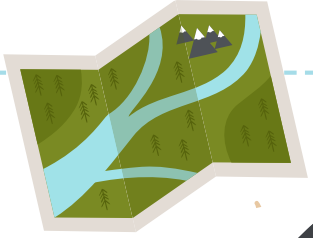
Shadow Puppets

Get creative with the items around you and make shadow puppets onto your wall or tent. How many different shapes or animals can you make?

Torch.

Dad's Choice

Ask dad to share some stories about how he used to play as a kid. Choose one of those things to try together.



What should we do next?

Get thinking and write down some more adventures you might like to have soon...

More info

explore thefatheringprojectorg or contact us

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