

Fun activity ideas for dads and kids

Playing and spending time with Dad is important. Children who play with their fathers or father figures are more confident and better at coping with challenges, setbacks or problems. Activities don't need to be complex, as long as it provides time to bond and spend some quality time together.



Explore the outdoors together

- **Do a scientific mini exploration outside.** Children can use phones to take photographs of the world from the perspective of an ant or a butterfly and create a picture or PowerPoint journal of a day in the life of their mini creature.
- **Go on a scavenger hunt.** Make a list of 10 things in nature to collect and explore the outdoors together.
- **Press flowers.** Take a walk with your child and collect any flowers you find. Take them back home, place them in the middle of a book and wait. Come back to the dried flowers and use them in your craft.

Outcomes

Getting outdoors and spending time in nature is important for a child's development as well their social and emotional wellbeing.



Host a movie marathon

- **Host a movie marathon.** Create your own movie tickets, cook popcorn, and each select a movie of your choice to watch. You could even create your own blanket fort with fairy lights too!

Outcomes

Spending quality time with dad watching movies is a great way to bond with children. Taking turns choosing a movie as a family also teaches children about sharing.

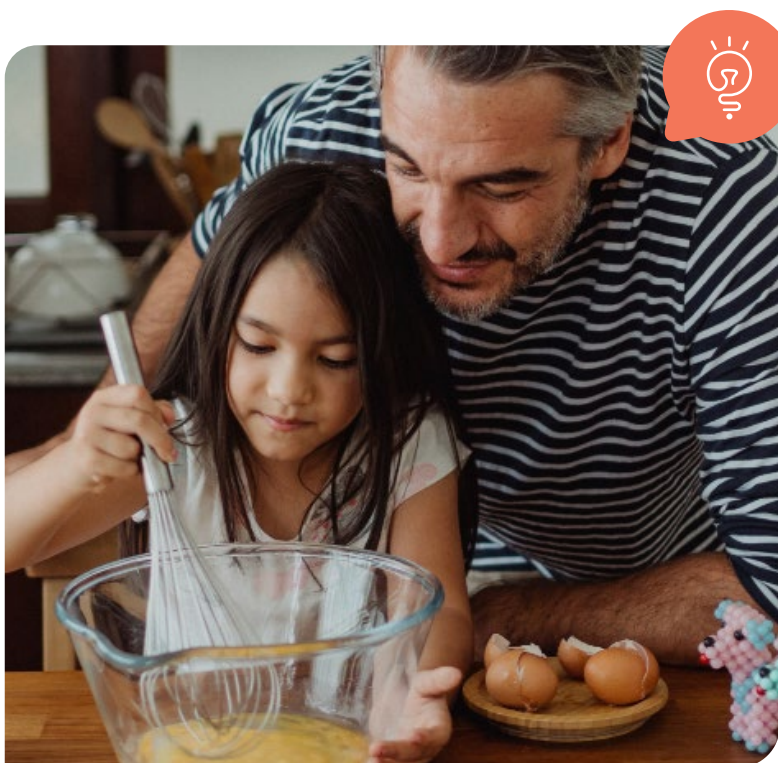


Learn about the world

- **Explore the world online together.** Build on your children's knowledge of the world around them. Learn about and locate different countries, name continents, countries, cities, rivers, mountains etc.
- **Get crafty and create a collage** of their favourite country they researched or perhaps a destination they dream of travelling to one day.

Outcomes

Children who have fathers or father figures that support their learning and research are found to have better academic outcomes and development. Researching and learning about other cultures builds a child's curiosity and depth of knowledge too.



Get creative in the kitchen

- **Have a cupcake decorating competition.** Choose your favourite flavour and each create your own uniquely decorated cupcakes.
- **Set up your own home restaurant.** Decide your entree, main and dessert. Design a menu, make signs, set up the table and have someone be the waiter.

Outcomes

Cooking with children is another great way to spend quality time with them. Standing side by side gives you an opportunity to talk and learn more about your child. Cooking teaches them new skills and supports their cognitive development.



Make housework fun

- **Get creative to get the housework done.** Ask your kids to design a makeover of their bedroom by creating homemade pictures, rearranging displays and tidying and cleaning. Get them to draw up plans of their ideas first.

Outcomes

Doing the housework with dad not only teaches children about responsibility, it removes gendered roles within the household around housework.