

## Summer Fun and Resources for children and families:

### Kids Bowl Free

This summer, your kids can bowl for free every day at AMF Bowling Centers! Each child 15 and under can get 2 free games of bowling per day throughout the entire summer. Shoe rentals are not included.

Register either at: <https://www.kidsbowlfree.com/> or contact your local bowling center / website

Participating Bowling Alleys (this may be an old list from the online, there are additional alleys)

- Kenmore                      Classic Lanes (NY) – Kenmore
- Tonawanda                  Classic Lanes (NY)
- Lockport                    Allie Brandt Lanes
- Grand Island                Island Lanes
- Auburn                        Falcon Lanes
- Binghamton                Ripics Carousel Lanes

Other possible lanes- check with your local bowling alley

Fun Activity Sheets:

[https://www.bowlero.com/sites/bowlero/files/2020-03/SummerGames\\_ActivityBook\\_5.5x8.5\\_022520\\_WEB.pdf](https://www.bowlero.com/sites/bowlero/files/2020-03/SummerGames_ActivityBook_5.5x8.5_022520_WEB.pdf)

## Summer family fun ideas:

### **Family Home Evening Activities**

1. Visit the zoo.
2. Find out about your area's community center and/or park activities.
3. Wash the dog. (A neighbor's dog if you don't have one!)
4. Have a family slumber party.

5. Build a fort. (Use large appliance boxes outside, or pillows and sheets inside.)
6. Get out the family photo album.
7. [Research your or the child's family history](#)
8. Visit the Genealogical library.
9. Play stickball.
10. Play hopscotch.
11. [Play games.](#)
12. Clean the house together. (Have a pick-up party.)
13. Make up a play. Take it to a nursing home.
14. Fly kites.
15. Go on a family trip/historical excursion.
16. Did it snow? [Hopefully not](#), Make a snowman out of marshmallows
17. Make a collage out of pictures from old magazines.
18. Set up a lemonade stand on a warm day.
19. Shoot hoops together. Play H.O.R.S.E.
20. Draw pictures of members of your family.
21. [Make a family calendar.](#)
22. Tell stories around a campfire. (Or at the barbecue?)
23. Organize a game of capture the flag.
24. Make miniature boats and float them in some water.
25. Write letters to grandparents or a friend.
26. Play freeze-tag.
27. Tell scary stories (With lights out.)
28. Play broom ball.
29. Go for a hike.
30. Go for a bike ride together.
31. Go get ice cream
32. Learn to play the guitar together.
33. Listen to classical music, lights off, lying on the floor, and take turns saying what it sounds like.
34. Attend community concerts or listen to a local band.
35. Organize a community clean-up.
36. Visit the library.
37. Go ice skating or roller skating/blading.
38. Paint a picture, a mural, or a room.
39. Learn how to use a compass.

40. Plant a tree or some flowers.
41. Learn the metric system.
42. Learn sign language.
43. Learn Morse code.
44. Go swimming.
45. Go bird watching.
46. Walk the dog. (A neighbor's dog if you don't have one!)
47. Visit the countryside.
48. Visit the City. (Maybe on a bus?)
49. Pick berries/fruit together.
50. Bake cookies or bread.
51. Make homemade jam.
52. Take treats to neighbors or friends.
53. Plant a garden.
54. Join a family choir.
55. [Start a family journal.](#)
56. Go to a museum.
57. Take a nature hike trail.
58. Play cards.
59. Start a family exercise group.
60. Sing in the car.
61. Visit a local bookstore.
62. Make crafts together. Give them away.
63. Make Christmas ornaments together.
64. Write a story together.
65. Put a sleeping bag out in the back yard and watch the night sky through binoculars.
66. Go fishing.
67. Play tag football.
68. Have a culture night. Make a meal and learn about another culture.
69. Take photographs.
70. Invite friends over. Cook foreign food.
71. Do yard work together.
72. Play Frisbee or Ultimate Frisbee.
73. Make your own family cards for the holidays or birthdays.

74. Play chess, bridge, or checkers.
75. Go camping.
76. Go for a long walk.
77. Play charades.
78. Do a rain dance.
79. Go around the table after dinner and have everyone say what they love best about each other.
80. Go dancing, have a family dance, or take a dance class together.
81. Climb a tree.
82. Watch the sunset. Watch the sunrise. Figure out when the sun will rise and set in your location.
83. Have a big party and celebrate a TV free week.
84. Have a cook out. (If it's raining, have it in the family room on a blanket.)
85. Invite a non-member family over for a barbecue.
86. Learn how to fold the American Flag (or your country's flag). Have a patriotic night. Have a flag ceremony.
87. Visit an elderly person or someone shut in.
88. Have a [first-aid](#) night. Invite other families to come. Call the fire department for a class.
89. Learn what to do if you are lost.
90. Have a budgeting class. Save for a family trip.
91. Learn how to build a fire and cook hot dogs.
92. Have an etiquette night. Practice your skills over a formal dinner.
93. Talk about drugs. Do role-playing.
94. Have a friend come and discuss good nutrition and health practices. (Kids don't listen to mom.)
95. Learn home repairs for an activity. Make sure the girls learn too.
96. Prepare a family group sheet/four generation pedigree chart. Interview an older family member.
97. Start a family collection. (Coins, rocks, stories, dress-up, clothes, treasures.)
98. Have a family testimony meeting.
99. Have a bubble blowing contest. (Bubbles or bubble gum.)
100. Blow bubbles outside. Try different instruments.
100. Have a baking contest.
101. Adopt a grandma or grandpa from a senior center or assisted living home.
102. Have family fireside story telling time.
103. [Watch an old movie \(maybe a western\) together.](#)

104. [Make a family goal chart.](#)
105. Have a service car wash.
106. Learn to play golf together.
107. Go miniature golfing.
108. Make a grocery list, set a budget, divide items, go get pizza with the money you save.
109. Make a family cook book.
110. Have a family treasure hunt.
111. Have a family dance. Everyone can bring partners.
112. Solve a [puzzle](#) together (crossword, [word search](#), or jigsaw).