**What does your Family Time look like?**

When your kids were young, they were probably content watching a movie, reading books, or playing games together. But fast forward a few years, and there's a good chance they would rather spend time with friends.

Busy schedules can also make it more difficult to find family time as your kids grow up. So it's important to **be proactive** about making time to be together. Regular, routine opportunities like meal times shared together create a reassuring space for joys and worries to be shared. Finding solutions to problems collaboratively is always easier over food!

Family fun nights are a great way to [spend quality time together](https://www.verywellfamily.com/ways-to-spend-quality-time-with-your-teen-2610997) and [provide your child with **positive attention**](https://www.verywellfamily.com/things-to-do-with-or-for-your-teen-2609590). Whether you’re able to schedule fun night once a week or once a month, regular family time can be an important ritual in your growing kid's life. The key is to make family fun night a priority and get everyone in the family involved.

If your kids groan when you bring up spending quality time together, make it clear that everyone is going to participate. For one night, don’t answer the phone, ignore social media, and step away from your electronics. Make your time together about talking, laughing, and creating new memories. Create opportunities to show children ‘old-fashioned’ ways to have fun and find entertainment!

Although 11-year-olds are starting to develop their own personality among a social group, they haven’t yet resisted the concept of “[family time](https://www.verywellfamily.com/family-fun-night-ideas-with-teens-2609697).” Make participation in family activities, such as going to church or dinner with grandparents, and responsibilities like chores part of the standard daily routine.

**Fun Ideas that do not cost a lot:**

* *Take a frisby or a ball to the beach or the park*
* *Invite grandparents or cousins to a family meal, let the kids plan and help prepare the catering*
* *Share in memories; create scrap books or collages of pictures old and new.*
* *Explore a public footpath, use maps and apps for adventures, have you geo-cached?*
* *Bike ride adventures*
* *Collect natural items from outside to use for a craft project*
* *Demonstrate and practice a new skill that not everybody knows; can you cross stitch?*
* *Prepare a picnic and lunch together outside in the fresh air*
* *Wear your wellies and go pond dipping or splashing in the waves at the beach*
* *Build a blanket fort that everyone can fit in*
* *Create a family exercise regime that challenges everyone to work on their fitness*
* *Find a recipe that excites everyone and play ‘master-chef’*
* *Organise a Movie Night*
* *Share in a story together*
* *Invent a game, make the board game/dice/counters, write the rules, and see if it works!*
* *Use an old roll of wall paper to roll out and draw around your bodies, can you fill the body pictures with messages about the things you each love about this person?*