Nottinghamshire
Family Hub
Network



Ways to have fun with your children for low cost or free

Have a reading marathon
Write stories together
Play a sport or do some physical activity
Paint or draw pictures
Build a den in your living room





Go for a walk
Have picnic
Play board games
Visit a museum
Go to a playground

Play hide and seek
Have a pillow fight
Ride bikes
Make mud pies
Watch a DVD and make popcorn





Tell stories
Have a treasure hunt
Play card games
Plant seeds in the garden
Make puzzles for each other solve

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Bake cakes together
Visit the library
Shop at a second-hand shop
Create a scrapbook of things you have done





Finger painting
Learn to play music
Make play dough from scratch
Make a movie

Make homemade pizzas
Buy a lollipop
Make hand painting t-shirts
Build paper aeroplanes and have contest





Play dress up with old clothes
Learn and tell each other jokes
Do some physical activity
Learn to juggle
Build a rocket from recycled items

To find out more about your local Family Hub team, go to:
www.nottinghamshire.gov.uk/care/family-hub-networks

Or just walk into one of our buildings

Helping families get the right support at the right time

Nottinghamshire County Council