

THE FIVE CORE ACTIVITIES



Nuclear Family Day Checklist for _____ Family – Tick as Go

Children _____

Father _____ Mother _____



Activity

Description



Read Together

Mum and Dad each read a story, Every child reads a short page they've prepared.

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Share Family Stories

Parents tell real childhood stories. Kids make up or share their own.

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Cook or Bake Together

Pick one dish or treat. Cook it as a team – slow, fun, and messy!

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Add to the Time Capsule

Each person adds something meaningful. Store it for 5–10 years.

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Home Cinema Night

Kids create tickets, Watch a feel-good movie together with popcorn.

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At the end:



“WE DID IT!” GOLD STAR:

