

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.	<input type="checkbox"/>
 Share Family Stories	Parents tell real childhood stories. Kids make up or share their own.	<input type="checkbox"/>
 Cook or Bake Together	Pick one dish or treat. Cook it as a team – slow, fun, and messy!	<input type="checkbox"/>
 Add to the Time Capsule	Each person adds something meaningful. Store it for 5–10 years.	<input type="checkbox"/>
 Home Cinema Night	Kids create tickets. Watch a feel-good movie together with popcorn.	<input type="checkbox"/>

At the end:



“WE DID IT!” GOLD STAR:

