



INEXPENSIVE ACTIVITIES

Can include physical, academic, work, personal, cultural, social experiences

Tips:

- Do not underestimate the possible range of a child's interests.
- Encourage the child to select activities that he/she may be interested in but do not be discouraged if the child is reluctant to do so. Many children will need to follow the adult's lead, especially in the early stages of the friendship.
- It is best to spend money sparingly during activities and buy gifts only on special occasions: setting up monetary expectations is best to avoid.
- If planning an activity that involves some cost, it's wise to agree beforehand on just how much money will be spent.
- Exercise caution about including siblings/friends on outings. On special occasions it may be appropriate, but remember that the 1:1 relationship is very important.
- Activities need not always be recreational in nature. Take an interest in LB/LS's school work. Expose him/her to cultural events. Spend time working on a project or simply exchanging ideas.

Activities:

- Baseball, basketball, football, kickball, badminton, tennis, bowling, golf, Ping-Pong, soccer, rugby, racquetball, etc.
- Swimming, ice skating, roller skating, running, playing tag, hide and seek, twirling a baton, learning a cheerleading routine, canoeing,

hiking, bicycling, camping out, working out at a fitness center, attending an aerobics or dancing class

- Play horseshoes, horseback riding, fishing, catching tadpoles, making and flying a kite, throwing Frisbee, playing catch
- Talk about being honest and responsible to each other.
- Talk about friends you each have: and what the best friend is like, what it means to be a friend.
- Observe your Little as he/she interacts with family members, friends, and strangers.
- Take a care package to your Little if he/she is sick. Help make a care package for someone else with your Little.
- Attend a play, symphony, or concert.
- Attend a sporting event, auto race, motorcycle race, bike race.
- Follow the teaching procedures you've learned to help him/her learn new ways of behaving.
- Take pictures of you and your Little. Help him/her write a letter to someone.
- Take your Little to visit your family or friends so he/she can learn how to interact with people.
- Discuss the importance of manners, such as please and thank you, practice.
- Discuss the importance of dressing as clean and neatly as possible.
- Discuss the importance of learning to accept criticism.
- Teach you little how to fill out a job application and how to dress and talk to and interview.
- Attend a fashion show, art show, flower show, cat or dog show.
- Go to a carnival or circus, fair, cultural festivals.
- Go to the zoo, pet store, different parks.
- Go to a museum, art center.
- Browse shopping centers, walk around the Plaza or Crown Center.
- Visit the airport, train station, fire station, post office; tour interesting buildings, manufacturing plants, construction sites
- Go to specialty stores, special restaurants.
- Introduce him/her to new foods and tastes by shopping in ethnic grocery stores and making food.
- Encourage your Little to talk about his/her family customs and traditions. Join in if invited.
- Visit the closest recreation center, YMCA/YWCA, engage in a scouting activity.

- Take your Little with you to a hair appointment, the dentist, bank, etc. What may be typical routine errands for you may be new experiences for him/her.
- Collect rocks, stamps, leaves; visit a gem or mineral store or show.
- Teach your little to sew, even if to sew a button.
- Look for art classes or other community classes and enroll together.
- Build something: birdhouse, bicycle, kite, models.
- Fix something: an old toy, patch a bicycle tire, repair a broken chair.