

Connect with your family

What you do in your home and with your family matters—to your kids and to our communities. Positive, supportive, and warm social connections help us live longer, healthier lives. Strong family connections provide the foundation for children to thrive.

Take time to connect with your family and neighbors during Family Connection Week, June 9 to June 15. Visit strongfamilies.utah.gov to learn more.

Outdoor adventures

Float a local river:

Rent tubes, kayaks, or paddleboards and float down a family-friendly river near you. Options include the Provo River in northern Utah, the Weber River in the Wasatch region, or the Sevier River near Marysville in Central Utah. Always check for safety conditions and designated access points.

Fishing together:

Head to a nearby reservoir, lake, or community pond in your area, like Willard Bay, Jordanelle, Strawberry, Panguitch Lake, or Blanding's Rec Pond. Utah's Free Fishing Day (Saturday, June 7) is a great opportunity with no license required. Check out wildlife.utah.gov for details and a list of fishing locations.

Take a hike or nature walk:

Whether it's Zion, Bryce Canyon, Logan Canyon, Cottonwood canyons, or your local trail, hiking or walking together gives families time to talk and explore. Use the [Utah State Parks](https://utahstateparks.com) site to find a trail in your area.

Camping under the stars:

Pitch a tent in your backyard or at a state or national park near you. Share stories and unplug.

Watch wildlife:

Visit wildlife viewing areas across the state—from Bear River Migratory Bird Refuge in Northern Utah, to Zion National Park and Fish Springs National Wildlife Refuge in the South and Central regions. Bring binoculars and a guidebook to identify animals.

Try a new outdoor activity:

Go biking, take an ATV ride, try kayaking, go horseback or tee off at a family-friendly golf course.

Picnic in a park:

Choose a city or county park and enjoy a screen-free picnic. Bring a Frisbee, board games or just enjoy being together.

Visit your nearest state park

Community and local events

Salt Lake City Arts Festival (June 9–16):

Explore live performances, food trucks, and interactive art exhibits as a family.

Utah Shakespeare Festival (Cedar City):

Attend a show or take a behind-the-scenes tour. Great for older kids and teens.

Utah Olympic Park (Park City):

Try ziplining, ropes courses or alpine slides. Learn about Utah's Olympic legacy.

Food truck night:

Many cities—all across the state—host regular food truck roundups. Let each person pick a dish and eat together, screen-free.

Visit a farmers market:

Many communities around the state have farmers markets every week. It's a fun, easy way to support local agriculture, farmers, and businesses. Plus, you can use your [Double Up Food Bucks](#) at many of them. [Find a farmers market near you!](#)

Explore a local landmark or museum:

Visit a historic site, state park or local museum in your area—whether it's the Dinosaur National Monument in Vernal, Fremont Indian State Park near Sevier or Topaz Museum in Delta.

Find a local event in your neighborhood:

Every part of Utah has something special. From rodeos to farmers markets, check your local tourism page for fairs, concerts, markets or other events happening near you.

Neighborhood walk:

Plan a neighborhood walk. Pick a day and time for everyone to get out of their house and go for a walk. Ask 3 neighbors to “host” a treat station. Create simple maps with the locations of the treat stations and hand them out a few days before the walk. It’s a fun, easy way to get to know your neighbors better, and get some exercise!

Hands-on projects and challenges

Campfire cooking challenge:

Make creative foil dinners, s’mores variations or try cooking on a camp stove together.

DIY escape room at home:

Use printable kits or create puzzles. Compete in teams to see who can “escape” the fastest.

Family game show night:

Make trivia based on family memories. Play for fun prizes or bragging rights.

Family recipe swap and cook-off:

Pick a theme like “Grandma’s Recipes” or “International Favorites.” Cook together, then sit down for a family meal.

Creative and reflective activities

Build a birdhouse or garden box:

Pick up supplies at a hardware store. Work together and have fun.

DIY family mural or banner:

Use a backyard wall, large canvas or poster board. Have each person contribute a piece that reflects your family.

Service and giving back

Volunteer as a family:

Opportunities include sorting food at local food banks, visiting senior centers or helping animal shelters. Check out <https://www.justserve.org/> for ideas.

Neighborhood clean-up:

Pick up trash at a nearby trail, park or neighborhood. Give each person a role—trash picker, bag carrier, recycler.

Invite a neighbor over for dinner:

Ask a neighbor who may be lonely or who doesn't have a lot of family around to come over for dinner. It doesn't have to be fancy! Order takeout and get to know each other better. Conversation and connection are what matters.

Simple acts of connection

Have dinner together (screen-free):

The Utah Department of Health and Human Services encourages families to share a meal during the week. Don't have family close by? Have dinner with a friend, neighbor, or your roommate. Or invite your kid's friends over for pizza! Use the time to check in with one another—phones off, conversation on.

Share stories:

Take turns telling a favorite memory or funny moment from your life.

Gratitude time:

Each person names three things they're thankful for that day.

One-on-one moments:

Spend 15 minutes of individual time with each family member—let them pick the activity.

Dance party:

Put on favorite songs and dance it out together in the living room.

Compliment circle:

Everyone gives one kind or encouraging word to each family member.