

## **Bonding ideas for siblings**

Being born from the same womb, or being part of the same family, you'll assume that siblings would naturally be close with each other, however, living together can sometimes be challenging, mostly when one sibling demands boundaries and the other refuses to respect it. Some siblings may find themselves on the introverted side and others may find themselves offended by something the other sibling did. Like working relationships, siblings need to participate in exercises that strengthen their bonds and understanding of each other while having fun together, so that even if for any reason, they become distant in the future, their bond will always bring them back together, because sometimes, in reality, the thickness of blood is not strong enough.

There are things in your parenting style that can be used to foster the bond between your children, and we will discuss them in a future article, but right now, here are some bonding activities you can have your children participate in.

1. The Floor is Lava: I love this game because it makes use of your children's imagination. In this game they pretend that the ground is covered by the burning magma from a volcano, and the couches, chairs and tables are rocks protecting them from falling into the lava. Then they both try to push each other into the lava. Since you are trying to strengthen their bond, you may want to 'pain proof' the floor by covering it with pillows, or you can set a different goal and have them aim to go from point A to point B without falling into the lava.

2. Hide and Seek: One child covers their face to the wall and counts to 10, While the other runs to hide. Then the seeking child goes to find the hiding child. This game

should be times, so that a good hider doesn't end up hiding forever, and the seeker does not become bored and move on to other 'more important' things.

3. Pillow sumo wrestler: This is not like the pillow fight. Instead of your children hitting themselves with pillows, they strap pillows onto themselves. One tied to their backs, the other to their stomach, then they tried throwing or pushing each other to the ground, like the Japanese Sumo wrestlers.

4. The can roll: A game of precision. Get a long rectangular table, if you do not have one, use the floor. If you are using the floor, map out the play area with a tape or ribbon . then draw three finish lines at the top of the play area and at least 5 inches from each other. After finish line one, place a dollar, place 2 dollars after finish line 2 and three after finish line 3. The aim is for your kids to push the can from the start point, the child whose can crosses the finish line gets the money after that line. on the line. To make the game harder, you can use an empty can instead of a full one..

5. Twister: A simple mat game, your kid spins the wheel and they have to place their hands or legs the colour decided by the wheel. You can purchase this mat from most toy stores or you can create a DIY mat at home.

6. Freeze game: The kids stand in a circle singing a theme song and changing their styles to outrageous styles throughout the song, then the referee of the game shouts freeze, and they must all remain as they are. The first to shake loses.

7. Try not to laugh: this is a form of a freeze game. The kids sing a theme song and while the song is going on, they may or may not change their positions, but once the song stops, they must seize all movements, then the 'IT' person who catches in hide

and seek, tries to make everybody laugh. The first to laugh becomes the next 'IT' while the last kid standing becomes the winner

8. Rock, Paper, Scissors, hit: It's the classic game of rock paper scissors, but the winner gets to hit the loser with an empty bottle, pillow, or their finger. If there has been tension between your children, this game can help relieve it.

9. Catch the ball: Have your children toss a ball among themselves without an organized target, the thrower says catch, and everybody must expect that the ball will be thrown to them and prepare to catch it.

10. Pin the Donkey: Tie a blind around your child's eyes and have everybody guide them until they pin a dart to the wall or the donkey.

11. Board games: these games can end up being really competitive and may take way too long to finish but they can make your children spend more time together, mostly when there is a prize. Some board games you can have your kids play are scrabble, chess, or pictionary. Remember to monitor board games as they may lead to sibling rivalry

12. Dancing: It doesn't always have to be games, you can just put on the music and start a mini party. If they need motivation to dance, you can do a dancing chair where they go round the chair trying to be the one who gets to sit on it once the music stops.

13. Take out the video games: Video games are for fostering sibling bonds. Pick a game they both love and have them play player 1 and 2 respectively

14. The family walk: you can go on a morning workout together, or send them on an errand together. Having to go somewhere will have them talking with each other.

15. Scavenger hunt: hide things around the house and write out puzzles as clues for each child. Each clue will lead to a new puzzle and a rare item or gift, and the final clue will lead to the ultimate clue. The children get different clues so the chances of conflict are reduced. The winner gets all the things they found on their way, and the ultimate prize.

16. Movie night: Simply watching an anticipated movie together, like the Marvel movies will give them a lot to talk about.

17. Role playing: have them role play different characters in a script or a TV show they like, they can play villain vs hero, or any fun scenario you can cook up

18. Book club: This is quite a relaxed activity and will work well if your kids are close to the same age. You get them to read a book for the week and at the end of the week you have a book club meeting where they discuss their perception of the book, story and characters without filter.

While it is true that some games can create sibling rivalry, it is more true that what causes the rivalry is not the situation itself, but how the situation was resolved. So if there is a disagreement at any point, try not to take any side if it is possible, and listen intensively to what each sibling has to say, before making a decision. Remember that the aim is to strengthen their bonds as siblings.

### **Keywords**

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### **Other Keywords**

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Which activities do you do with their children to strengthen their bond? Let us know in the comments section, and don't forget to share this article with someone who may need it.