

SUMMER SERIES: Nighttime Fun!



Keep the fun going well into the night! I know that everyone keeps talking about it, but take the time now to spend with your family, here are a few ideas for starters:

Camp out in your backyard: Travel might be limited this summer, but that doesn't mean you can't mimic experiences at home. Pitch a tent in the backyard for a few nights. You could even have a campfire in your backyard if your city and state allow it.

Fort night: Build a fort in the living room and let the kids sleep there after they've crashed on popcorn and sugar.

Pillow fight: Clear all the breakables and sharp edges and have a massive pillow fight. Perhaps after building a fort.

Have a s'mores night outside: Chocolate, graham crackers and marshmallows are a perfect combination, and you don't need a fire pit to set a marshmallow on fire.

Nighttime tag: Play flashlight tag in the backyard or in the neighborhood. If the other side's flashlight "gets" you, you're out. (That's social distance tag.)

Capture the flag at night: Play a few nighttime rounds of capture the flag with your family or "quaranteam." Two teams have a flag or other object, and the objective is to steal the other team's flag and bring it back to their side. The game is always fun, but the darkness makes it all the more thrilling.

Go to the drive-in: If you have a drive-in in your town, head there. What's old is cool again.

Glow-in-the-dark treasure hunt: Try a nighttime treasure hunt with glow-in-the-dark items.

Look for the stars: Going to the movies may not be an option, but there's always a beautiful show playing out across the night sky. This summer, watch the [International Space Station](#) overhead, look for [multiple meteor showers](#) and [get tips from NASA](#) on when to spot specific stars and planets.

Go to sleep early: Why not? We're all stressed out and anxious about the pandemic, and lack of sleep makes us more vulnerable to illness. Cooler temperatures are key to a good night's sleep.

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