

HOME ECONOMICS  
CIRCULAR 331

VERA Y.  
REID

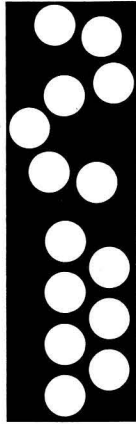
UNIVERSITY OF HAWAII  
COOPERATIVE  
EXTENSION SERVICE

# FAMILY FUN

Cooperative Extension Work in Agriculture and Home Economics  
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Distributed in Furtherance of the Acts of Congress of May 8 and June 30, 1914

HOME ECONOMICS CIRCULAR 331—MARCH 1963

REPRINTED JULY 1964

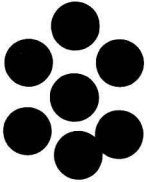


## FAMILY FUN

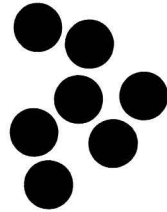
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### Fun Starts at Home



“There is a saying, old but true,  
That life’s just as we take it,  
If you don’t get your share of joy  
Perhaps you don’t help make it.”



Your family is your most prized possession.  
As a member of the family,  
You want understanding, companionship,  
and the warmth of affection that comes from doing things  
together, whether it’s work or play.

Is your family one of those  
that manages to get the daily tasks taken care of,  
and then has some time left for varied interests and special  
pleasure? How do you find time to do things together?  
Is it Mother, Dad or the youngsters  
who are the promoters of family good times together?  
What plans do you make,  
and what makes your plans click?

Are you contributing your share of joy in your own home?  
The family is the first institution around which play  
and recreational activity is organized.  
Today it offers the best opportunity for such activity.

There are many things that can be done  
as a family or with neighboring families.

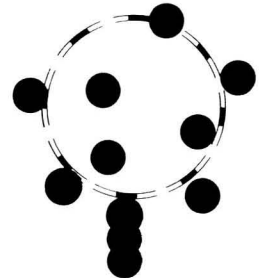
Money may vanish and land may prove a liability,  
but good cheer, gaiety, optimism, sociability, self-confidence,  
and a host of happy home memories make a wonderful  
inheritance—a golden investment—that cannot be bought.

The atmosphere of the happy home will be  
one of peace and contentment.

As parents and members of families, we need to  
cultivate the habit of happiness. Is your home like one  
a small boy described to his mother as being a “singing home”?

The necessities of life we take as a  
matter of course. The things we find built  
into our happy memories are seemingly trivial, yet  
how we treasure them—the welcome home from school—the little  
surprises—the story hour—times the family played—  
family singing and picnicking, popping corn, riding—or  
when the family made a play out of some arduous task.

Do you have memory pictures of  
gorgeous sunsets or sunrises the family viewed together? Do  
you have memories of clouds and birds? Appreciation of  
nature can be taught by enthusiastically calling attention to  
the natural beauties. Parents who teach the appreciation of  
the simple things in life are building memories that will  
greatly influence the lives of their children.



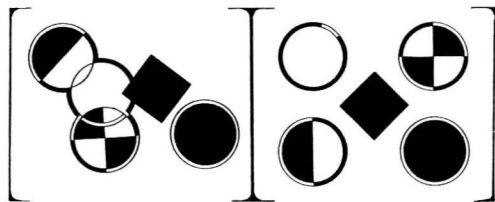
## Thoughtful Planning

Thoughtful planning of the family's leisure time is important. Recreation is a natural part of every normal life and is recognized as a good force in education; it builds positive attitudes. Through recreational activities we develop resourcefulness and alertness, and find relaxation and rest from the workday problems as well.

Play times are happy times, and through sharing pleasant experiences, family relationships are strengthened. In playing games one learns the give and take that is so essential in all family life. When you take a beating in a game in the manner of a good sport, you teach an important lesson without preaching.

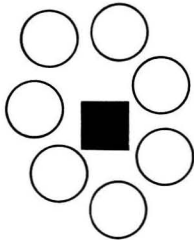
The speed of life today tends to pull families away from the home. Television is bringing the family back into the home and away from outside recreation. Planning for evenings of fun is needed to help keep the family together. Leisure hours, like money, must be saved before they can be spent, so it is with the family fun hours.

They must be planned and saved.



“It takes a heap of livin’ in a house’ to make it a home.” It also takes the continual effort of each family member to keep the home running smoothly and happily. Courtesy to each other, thoughtfulness, kindness, gentleness, sweetness, graciousness, unselfishness, forgiveness, and the practicing of “do unto others as you would have them to do unto you” insure harmony in the home.

Every member of the family should have certain responsibilities; there must be interest in each other. To maintain the best family relationships there should be times for playing together as well as working together. Showing appreciation by members of the family of individual abilities,



services and achievements goes a long way toward making a happy household. Everyone likes to hear a word of praise or thanks for efforts performed on an assigned task.

The home exists for all members of the family. It is important that we live with and not for the children. One mother said, "Good traits are like plants, they need the right kind of soil in which to develop. When the home soil is acid with criticism and complaint it is impossible to teach courtesy and contentment. If praise were substituted for criticism, and appreciation for complaint, courtesy and contentment would thrive."

Another parent made this observation: "I have noticed that boys and girls who are constantly reminded of the fact that the home in which they live belongs to their parents, leave it just as quick as they possibly can for what they hope will be a home of their own. This may result in early, unsatisfactory marriages. If young people are made to feel that the house in which they live belongs in part to them while it is their home, they are not going to leave it without thoughtful consideration."

"It is awfully nice not to have to wear your overshoes unless you want to," said a college freshman away from home for the first time. "By the time you've been away from home for four years," said the senior, "you'll wish you had

somebody around to be interested in you, to care whether or not you wore the correct clothes.” The senior had discovered one of the great and lasting values of family life; that life is more pleasant when someone is interested in us.

## WHAT CAN BE DONE FOR FAMILY RECREATION

### Helping Children Amuse Themselves

What are some of your earliest home memories? Do you remember a playhouse where you spent many happy hours? Mothers cannot always play with the tiny tot as much as she would like to. It is good for a child to learn early about amusing himself, to learn to be self-reliant, and to be able to enjoy his own company.

Have you thought about giving your child gifts which are alive, perhaps a bowl of goldfish, a bird, a turtle, a plant or flower? It should be the child’s very own and he can be taught to be responsible for its welfare. The idea of entire responsibility will add deep enjoyment when gently and patiently insisted upon.

Toys may be constructive and educational as well as playthings. Building or alphabet blocks are always a source of pleasure. What child does not enjoy a ball? An orange crate for a cupboard and a few dishes are favorite playthings. Every child enjoys having a place to swing. Modeling clay, bean bags, blowing soap bubbles, and painting pictures will provide much fun for small children. These are only a few of the playthings with which a small child can be taught to amuse himself.



When selecting toys do not choose anything grotesque, elaborate or too expensive. Do select toys that are suited to the child's development. Toys that will stand hard wear, can be washed, and are safe.

Some suggested toys are:

- Blackboard and chalk
- Doll house with doll of corresponding size
- Rubber balls
- Doll clothes and buggy
- Toys for playing store
- Wagons
- Puzzles
- Large blocks

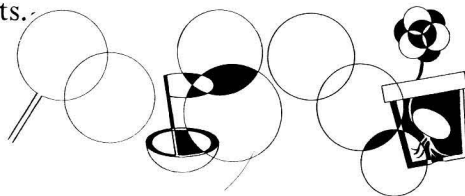


When parents give some thought and time to sharing and guiding children's play in their own environment, children learn to enjoy "what they have" and to develop their own fun. Through guided play they may learn that it's more fun to be busy than to be idle or simply to be entertained.

Nature provides many materials that can be used by children to entertain themselves.

Here are some uses:

- Blowing soap bubbles using dandelion stems or straws for pipes.
- Sailing nut shells—small flags can be stuck with gum to the bottom of the shell.
- Making necklaces from seeds.
- Making hats from large leaves, pinning them together with the stems.
- Planting seeds of oranges, lemons and grapefruits in pots.



Children can make good use of waste materials to entertain themselves. They may find these very enjoyable:

- Building doll houses or stores with empty pasteboard cartons or wooden boxes.
- Making cut-out toys from box lumber.
- Cutting paper dolls from catalogs or advertisements.

### **PLAYING TOGETHER AS A FAMILY**

Playing together as a family offers excellent opportunity for building happy home memories. A study made by a large insurance company indicated that in 25,000 cases of nervous breakdown between the ages of 40 and 50, over 80 percent showed an absence of normal play life in youth. Play is important! It is the participation which brings satisfaction, the improved morals, and the spiritual growth we need.

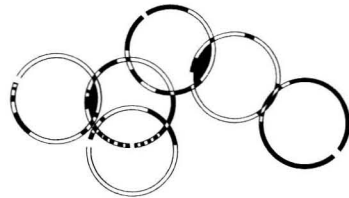
#### **Some of the Things a Family May Do for Recreation Are:**

Reading in the home helps the family make the acquaintance of good books. Father and mother can join in by reading aloud to the children. Money used for good books is money wisely spent. Libraries are also readily available and provide an easily accessible source of good books. The whole family can lose themselves, forget their troubles and their fatigue in the adventures and fortunes of the heroes in the stories. Stories should be selected that are best suited to the age of the children. A good novel, a fine story, or a bit of gay literature read aloud is worth its weight in gold. Many families have gone far in developing the recreational activity of reading aloud together. They have increased their pleasure in good books because they have shared them. **TRY IT!**

Young and old alike enjoy telling and listening to stories, and the children like to hear stories about their ancestors. Stories for children may be cut out of magazines and newspapers and put into a story-telling book. Such a book will become a real treasure-house for the children of the family and their friends. Reading the funny paper together is a pleasant family memory.



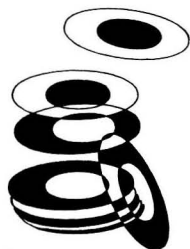
Singing together or playing instruments together brings much enjoyment to many homes. Longfellow said, "Show me the home wherein music dwells and I shall show you a happy, peaceful, and contented home." A delightful form of home music is found in singing around the family piano or to the accompaniment of the ukulele. Home music-making may be combined with listening to good music on the radio or television.



Puzzles offer opportunities for some families to spend happy evenings together. Crossword and jig puzzles are still popular with many and can easily be acquired at reasonable prices.

Meal time offers an excellent opportunity for pleasant recreation. It is a good time to tell about interesting things that have happened to family members or that have been seen during the day. Do not crowd in TV during meal time. The simplest beginning in home recreation might be the family fun time once a week at meal time. Children will be glad to plan and have the parents share in the spirit of fun and good sportsmanship.

Children may have fun planning special dinners. Parents should encourage them to use “company” silverware, china, and linen. The service should be correct in every detail—so often overlooked in the rush of everyday meals. It may be surprising how much all of the family will enjoy being a part of the once-a-week special dinners. If parents show an eagerness to have children participate, the children will be eager to help in getting things out and then putting them away. When company comes there are no awkward remarks or manners during the meal or at the table. Encouraging children to participate in preparing dinner and table service can take the place of drilling and verbal instructions.



### **Picnics or Cookouts**

Eating outdoors, if only on the lanai or in the backyard, encourages children to plan something different and is usually enjoyed by the whole family. A day at the beach for family get-togethers gives pleasant memories to last for years.

### **Ball or Croquet**

Games such as football, baseball, badminton or croquet may be played by the family. “The thing I remember most vividly about my father,” remarked one man, “is one night when we boys were playing baseball after a hard day in the field. Father came out and said, ‘Well, ain’t you had enough hard work, get out into that garden and pull some weeds.’” What a memory for a father to leave behind!

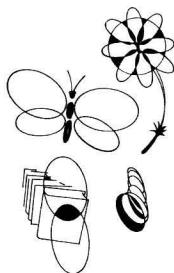
### **Hobbies**

Unlike some recreational activities, hobbies are not always chosen but tend to creep up on us. They usually come from something one has done for the fun of it and in which special skills and results are attained.

Hobbies can make people more interesting, and through this interest become better adjusted persons. For example, a study of 600 teachers showed that 80 percent of those rated “unusually stable” had hobbies. Only 40 percent of those rated “unduly nervous” had hobbies and these were apt to be closely related to their job. As people grow older they may need to keep developing a “growing edge” by engaging in new activities or hobbies.

Many people feel they are too busy to develop hobbies on an individual basis, but there are many things families can enjoy collecting together. Hobbies may extend from the collection of poems to the building of airplanes. Hobbies are usually considered individual, but the family as a whole may become interested in some particular project and find much pleasure in developing it together. A shelf, box or some space set aside for exhibiting collections and things in the home can stimulate and sustain interest. Some enjoyable collecting hobbies for homes are listed below. These suggestions lend themselves to both individual and family activity.

butterflies  
 stamps  
 pictures  
 poems  
 rocks  
 coins



shells  
 wild flowers  
 leaves  
 books  
 recipes

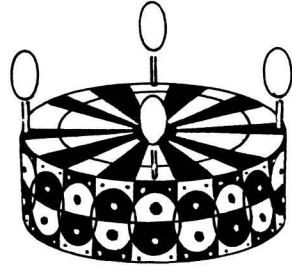
Suggested hobbies which provide fun for the whole family are:

taking pictures  
 building airplanes  
 flower gardening

care and breeding of pets  
 interior decorating  
 making scrap books

## OBSERVING BIRTHDAYS AND OTHER SPECIAL DAYS

Are birthdays, anniversaries or holidays simply ordinary days for your family? These days offer splendid opportunities for enriching the treasure house of memories. The birthday cake means much to the person in whose honor it is made. A favorite dessert, simple decorations, a guest, or a surprise can all help to make a happy memory.



Christmas holidays can mean more than stuffing the family with good things to eat. The Christmas story, the joy of doing for others, the basket prepared for some needy family, toys made for other children, decorating the Christmas tree, singing carols for some invalid, or sharing our happy day with lonely persons are some of the ways families will enjoy celebrating the Christmas season.

Thanksgiving offers another opportunity for sharing with others. Have some simple table decorations, and make each Thanksgiving more than just an ordinary day.

Three mothers were making cakes. Each were asked what she was doing. The replies were as follows:

“I’m making part of a meal for my family.”

“I’m stirring up a cake.”

“I’m building a happy memory.”

Are you stirring up a cake or building a happy memory?

## FAMILY UNITY

The complexity and speed of living today tend to add to tension and strain, and to make some recreation a necessity for efficient work and pleasant living.

Because family members tend to live more of their lives apart from each other, more leisure time together is needed for family understanding and for family unity.

We are conscious of the fact that youth today, having shorter working hours, needs more thought and planning to make leisure time creative. Older persons, who've left off some of their striving, may face leisure problems that will either "make or break" them.

To develop unity, family members need some time free from everyday duties to share in common activities and pleasures. Families, like nations, need to talk things over in order to learn from and understand each other's views, to iron out their differences, or to share richness of thought and feeling. Often the best time to share conversation or express one's feelings comes when relaxing during leisure hours or doing unhurried work.

"Mothers, in your desire to provide everything your children need, don't forget to provide yourself. Boys and girls need vitamins and calories, to be sure, but they also need **you**. They need a pretty **you**, if that can be accomplished. They need a healthy and jolly **you**. They need an understanding and sympathetic **you**, and Dad, of course, more than anything else. In providing all the other things lavishly save some vitamin "U" for the growing boy and girl."

## References

**Family Good Times**, CT 201, Agricultural Extension Service, Iowa State College, Ames, Iowa.

**Happy Homes—Gilt Edge Investments**, Extension Circular 5507, The University of Nebraska Agricultural College Extension Service, Lincoln, Nebraska.

UNIVERSITY OF HAWAII  
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The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy verification of the data.

In the second section, the author outlines the various methods used to collect and analyze the data. This includes both primary and secondary data collection techniques. The primary data was gathered through direct observation and interviews with key stakeholders. Secondary data was obtained from existing reports and databases.

The third section details the statistical analysis performed on the collected data. Various tests were used to determine the significance of the findings. The results indicate a strong correlation between the variables being studied, suggesting that the observed trends are not due to chance.

Finally, the document concludes with a series of recommendations based on the findings. These suggestions are aimed at improving the efficiency of the process and addressing the identified issues. It is hoped that these measures will lead to a more streamlined and effective operation.