

FAMILY MONSTERS PICNIC PACK

 **Family**
Monsters PROJECT | let's face our
monsters together



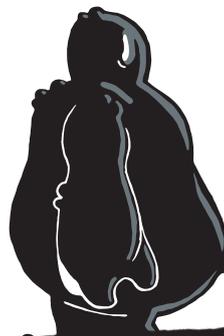


Welcome

Thank you for holding a Family Monsters Picnic this summer and we hope you'll have fun together.

Whether you're organising something with your family or friends, or getting your neighbours, colleagues and community involved, this pack is bursting full of top tips and ideas to make your picnic a success.

Not getting to spend enough time together is one of the top five worries people have about their close family – pressures we're calling **'family monsters'**. Simply spending time together, talking to each other, away from our everyday stresses can do everyone the world of good.



**"Where love sets the table,
the food tastes best"**

proverb



Fun picnic facts

The island of Réunion is where the world's longest ever picnic table was recorded - **322.42 metres** – to celebrate families and friends gathering for beach picnics on Sundays.

The word picnic comes from the French word '**pique-nique**', first used over 200 years before Family Action began.

A favourite picnic food, pork pies, are sometimes called **growlers**. This is thought to be from naval slang. Step aside Family Monsters!

Family Action founder **Octavia Hill** campaigned to keep green spaces in big cities, so families had somewhere outdoors to go and spend time together.

The world's biggest picnic was held in Lisbon, Portugal on 20 June 2009 with **22,232 people** taking part. Will yours break that record?!

Four step picnic planning check list

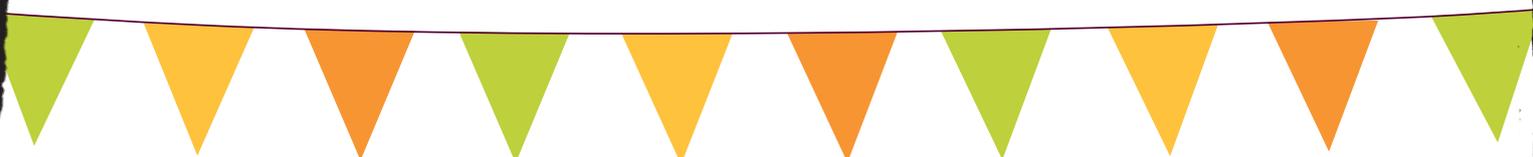
Step one: when and where

- ▼ Find a location with enough space and where your friends can easily get to
- ▼ If it is a public space, check for restrictions such as no ball games or barbeques
- ▼ Set a date in July or August to hold your picnic
- ▼ If you're planning on having a big picnic with lots of different people, ask someone to help you with organising it

Step two: invite your guests

- ▼ Decide if guests bring their own picnic food, something to share or if you're putting on the spread - and say this in your invitation
- ▼ Hand out the invites, set up a Facebook event or send out an email





Step three: get ready

- ▼ Make some Family Monsters Picnic bunting
- ▼ Prepare some fun games
- ▼ Plan the menu - share your recipes on social media using **#FamilyMonstersPicnic**
- ▼ Prepare or buy your picnic food
- ▼ Send a reminder to your guests (we're all busy people!) with what they need to bring: something to eat, a game to play and a picnic blanket or chair

Step four: go!

- ▼ Check the weather
- ▼ Pack your picnic food, something to sit on, games and a ball (if allowed where you're going), and finishing touches
- ▼ Get together and have fun
- ▼ Share your best, and worst, moment of the day with us using **#FamilyMonstersPicnic**
- ▼ Enjoy!

**"After a good dinner one
can forgive anybody, even one's
own relatives."**

Oscar Wilde



Picnic recipes

From the simplest of delicious things to the fanciest spread, picnics are fun and bring people together. What's in your picnic isn't what matters, it is spending time together for a few hours.

You can simply put some sandwiches, fruit and a bottle of water in a bag, or, if time and money allows, cook up one of our recipes. You can make food just for your family, take something to share, or splash out on something for everyone who's coming.

You can find picnic food inspiration and recipes on our website: www.familymonstersproject.com/picnicideas, or share your favourite picnic food recipe for others to enjoy with **#FamilyMonstersPicnic**.



**"Laughter is brightest
in the place where the
food is"**
Irish proverb

Fun & games

Wherever you roll out the picnic blanket - whether part of a day out adventure, a feast fit for the back garden, or the weather forces you indoors - there's picnic fun for every family and occasion. Games are a traditional part of a picnic, so here are some ideas to get you started.

- ▼ Hold a scavenger hunt
- ▼ Do crayon rubbings of leaves
- ▼ Build a den
- ▼ Draw a monster and describe its favourite dinner
- ▼ Sing songs
- ▼ Play What time is it Mr Wolf or Sleeping Lions
- ▼ Make origami hats, boats or monsters
- ▼ Make a monster piñata

More details and printable 'how to' guides are on our website here:

www.familymonstersproject.com/picnicideas or sign up to our Family Monsters newsletter for more ideas.



"a family who plays
together, stays
together"
a misquoted proverb



Spread the word

We hope you have a lot of fun at your Family Monsters Picnic, and we'd love to know how you get on.

- ▼ Share your picnic on social media using **#FamilyMonstersPicnic** – we're on Facebook, Twitter and Instagram
- ▼ Email us some pictures of your day to **familymonsterspicnic@family-action.org.uk**
- ▼ Let your local paper know using the press release template, that you can download here **www.familymonstersproject.com/picnicideas** and send a photo

Family Action has been around for 150 years, helping people tackle their family monsters. Find out more about our work: **www.familymonstersproject.com**



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