

Introduction

'Our Big Adventure' comes in two parts: The Scrapbook and The Wordy Bit.

The idea behind the 'Our Big Adventure' Scrapbook is that fathers like to spend time with their children and want to do things with them, but sometimes just can't work out what this could or should involve. This resource gives fathers easy and cheap ideas on how to have a fantastic day out with their children as well as a way to record everything they do so that they can both look back at it at in years to come.

The Scrapbook has a few days full of activities which will make even the simplest activity into a big adventure. You can stick photos in it, write in the spaces, colour it in and store it all into a folder. This is "YOUR" scrapbook, so add as many pages as you wish; make some of your own, and put them into the order that you want it.

This project takes our memories one stage further than just a photo album - it holds details of an activity when you were happy spending time with your family and notes your thoughts and feelings during this great day. Just imagine how much fun you will all have reading it in 20 years time.

'The Wordy Bit' is exactly what is says on the tin - pages and pages of other games, songs and ideas that dads can do with their children.

Life is too short and not many of us have a record of what we thought about when we were little - apart from having photos. However Dad is usually the one taking the photos and they end up missing from that moment! This project is dedicated to the dedicated dads that are behind the lenses.

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More copies are available to download at <http://www.mensproject.org/adventure>