

FAMILY ACTIVITY CHART

THE FAMILY ACTIVITY CHART CAN BE USED IN A FEW DIFFERENT WAYS.

YOU CAN PICK AND CHOOSE WHICH ACTIVITY TO DO EACH DAY WITH A GOAL TO COMPLETE THE WHOLE BOARD.

YOU COULD CUT UP THE SQUARES AND PICK FROM A HAT AND DO 1 OR 2 ACTIVITIES A DAY.

YOU COULD MAKE NEW SQUARES THAT ARE GEARED TO THE INTERESTS OF YOUR FAMILY.

BE CREATIVE AND HAVE FUN !!!

SPEND TIME IN NATURE, DO AN OUTDOOR ACTIVITY	CALL SOMEONE YOU CARE ABOUT JUST TO SAY HELLO	WATCH A VIRTUAL CONCERT	LISTEN TO AN AUDIO BOOK	BREAK FROM TECHNOLOGY AND GO FOR A WALK OUTDOORS
WRITE IN A JOURNAL ABOUT YOUR DAY	HAVE A GROUP OR SOLO DANCE SESSION	DECLUTTER ONE SPACE IN YOUR HOME	MAKE A MUSIC PLAYLIST WITH YOUR FAVOURITE TUNES	TRY A NEW RECIPE, COOK IT WITH YOUR FAMILY
SPEND THE DAY IN YOUR PYJAMAS	PRACTICE COUNTING 1-10 IN OJIBWAY	PUT TOGETHER A PUZZLE OR DO A PAGE FROM A PUZZLE BOOK	CREATE WINDOW ART TO SHARE WITH PEOPLE WHO PASS BY	DO BREATHING EXERCISES TO HELP RELAX YOUR BODY
WATCH A MOVIE OR TV SHOW WITH YOUR FAMILY	DRAW, PAINT OR DO AN ART ACTIVITY	EXERCISE TOGETHER	RE-READ A FAVOURITE BOOK	MAKE MUSIC TOGETHER OR SING A SONG OUTLOUD
COLOUR A PICTURE FOR SOMEONE YOU CARE ABOUT	HAVE A FAMILY BOARDGAME NIGHT	DO ONE THING THAT YOU WILL BE GLAD YOU DID LATER	CAMP OUT IN THE LIVING ROOM FOR THE NIGHT	DO SOME YOGA POSES
MAKE FORTS USING SHEETS OR BLANKETS	HAVE AN INDOOR PICNIC	MAKE COOKIES	PULL OUT OLD PHOTOS AND MAKE A PICTURE COLLAGE	MAKE PLAYDOUGH