**Monday**

**Scavenger Hunt**
Pick a color or shape. Hunt outside or inside for objects of that color/shape.

**Charades**
Pick a word. Act it out using your body. See who can guess your secret word!

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**Tuesday**

**Leaf Comparison**
Gather leaves from outside. Sort them by shape, color, or size. Then you can use the leaves to make a picture!

**Red Light, Green Light**
Test your listening skills! The leader gives the commands. Try playing in slow motion, or as your favorite animal. See who can make it to the finish line first!

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**Wednesday**

**Climb a Tree**
Find a tree to climb. Pretend the tree is a pirate ship or a spaceship. What do you see? Defend your ship from bad guys!

**Make Up a Story Together**
Pick a stuffed animal or object in the house. Make up a character for it. What is its name? What does it like to do for fun? Why is it angry/sad/happy? Who is its enemy?

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**Thursday**

**Make Me Laugh**
Take turns trying to make each other laugh. Try not to laugh! Who can go the longest without laughing?

**Mystery Socks**
Pick an object and put it in a sock. Have someone try and guess what is in the sock!

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**Friday**

**Match My Body**
Make a shape with your body. See who can match the shape with their own body!

**Spread Joy**
Take a walk and wave hello to as many people as possible! Sing a fun song while you are walking!

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**Saturday**

**Picnic**
Take a blanket outside and enjoy your lunch outdoors!

**Simon Says . . .**
Practice listening for directions. See who can make it to the finish line first!

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**Sunday**

**Dance Off**
Play or sing your favorite song. Dance along to the song. Who has the best moves?

**Family Journal**
Write about or draw adventures from today. Take turns adding to the journal.

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**ACTIVITIES**

**Monday**

**Make a Menu**
Write out and draw meals for each day. Make pretend meals using a theme like “outer space” or “jungle.” What foods would you eat?

**Family Member Dress Up**
Pick someone in the family and put on their clothes. Make everyone laugh by pretending to be your family member!

**Tuesday**

**Obstacle Course**
Arrange furniture, toys, or objects to create an obstacle course. See who can go the fastest! Try to go faster each time!

**Plan an Adventure Story**
Work together as a family to plan a fun adventure. Where would you go? What would you do?

**Wednesday**

**Call and Response**
Sing a simple song then have someone sing it back. Clap a pattern. See if others can clap it back!

**Take a Hike**
Go on an adventure walk and see what fun items you can collect! Show and tell the treasures you find!

**Thursday**

**Build a Blanket Fort**
Grab some blankets and sheets to drape over furniture.

**Blindfold Adventure**
Have someone tie fabric around their eyes. Use your words to help them get from one room to another. Keep them from crashing!

**Friday**

**Wash Dishes**
Pretend you work in a restaurant. Wash, dry, and put away the dishes. Give everyone in the family a job!

**Hide and Seek**
This can be fun inside or outside!

**Saturday**

**Fun with Weeds**
Explore outside! See how many weeds you can find. Pull them out of the ground. Make a pretend salad or a three-course meal. Make a menu to go with your creations!

**Make Up a Dance Routine**
Make up your own dance moves and teach them to someone else! Practice your dance. Perform it for the family.

**Sunday**

**Rock Farm**
Collect rocks from outside. Draw on them to make an animal farm!

**Bird Hunt**
Go on a hunt for birds. See how many you can find!

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**Monday**

**Freeze Tag**
Go outside for a game of freeze tag! Make it silly by freezing as your favorite animal!

**The Floor is Lava**
Arrange furniture that you can stand on. Don’t fall down because the floor is lava!

**Tuesday**

**Musical Chairs**
Get chairs or pillows. Put them in a circle. Play a song. When the song stops, find a place to sit. Remove one chair/pillow and play again!

**Make the Alphabet with Your Body**
See if you can turn your body into each shape of the alphabet.

**Wednesday**

**Make a Rest Nest**
Grab some blankets and pillows. Find a quiet corner to build your nest. Use your nest to take some time to yourself!

**News Report**
Become a reporter! Make a fake news report to the family. Be sure to include all of the silly things your family did today!

**Thursday**

**Two Truths and a Lie**
Tell someone three things. Two of those things are true. One is a lie. Who can guess which one is the lie?

**Animal Sound**
Make an animal sound. Can you guess the animal?

**Friday**

**Alphabet Scavenger Hunt**
Walk around your house. Find something that starts with each letter of the alphabet.

**Jump Challenge**
Go outside and see who can jump the farthest. Make a mark in the dirt to show how far you jumped. Try and beat your record!

**Saturday**

**High and Low**
Tell your family the best part of your week. Tell them about the worst part of your week. Practice listening to each member of your family.

**Set up a Store**
Grab some of your favorite things. Set up a place in your house to use as a store. Take turns being the shopper. Pretend to pay for the things you buy.

**Sunday**

**Hair Salon**
Pretend to be a hair stylist. Wash each other’s hair, brush it, and style it.

**Telephone**
Whisper a message to someone sitting next to you. Have them repeat the message to the next person. Repeat until everyone has heard it. Last person says it out loud.

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**Monday**

**Word of the Day**
Pick a secret word of the day. Do a dance or make a silly sound every time someone says the secret word. Try and trick people into saying it!

**Mud Prints**
Scoop dirt into a container. Add water to make it mushy. Stick your hand or foot in the mud. Let it sit in the sun to dry. Just add water to make another!

**Tuesday**

**Counting Stairs**
How many stairs are in your house? Can you count them all?

**Flower Chain**
Go outside and find wild flowers or dandelions. Tie them together to make a chain. Wear them on your head or around your neck.

**Wednesday**

**Soft and Hard**
Go on a hunt inside or outside. Collect 10 things that are hard. Collect 10 things that are soft. See if you can sort them with your eyes closed!

**Sock Mop**
Mop the floors with your socks! Put on a pair of squishy socks and try to clean the floors with your feet! Listen to fun music or sing a song while you clean!

**Thursday**

**Rainstorm on your Head**
Grab a partner and take turns making a rainstorm! Use your hands to trickle soft water down their head and back. Is it a light rain or a storm? Make sounds to go with the hard and soft rain.

**Feelings Song**
Make up a song to express your feelings. Sing a song about being happy. Sing a song about being sad. What other feelings can you sing?

**Friday**

**Texture Trees**
Grab a pencil and paper. Head outside and find a tree. Put the paper on the tree and use the pencil to shade in an area of the paper. Try with different trees and watch the textures appear!

**Rainbow clothes**
Sort your clothes or toys by color. Make a pile for red, orange, yellow, green, blue, indigo, and violet. See if you can arrange them in the shape of a rainbow!

**Saturday**

**Blades of Grass**
Go on a walk and collect blades of grass. See how many different types you can find. Compare them all. Which ones are softer? Which ones are skinnier? Which ones are longer?

**Outside Sounds**
Go outside. Close your eyes or put on a blind fold. Listen closely for all of the sounds you hear. Open your eyes and draw pictures to match the sounds you heard!

**Sunday**

**Time Machine Chair**
Pretend a chair is a time machine and go on an adventure. Where will you go? What do you see? Uh-oh, here comes a dinosaur! Quick! Get back in your time machine and go on another adventure!

**Ice Science**
Fill a container with water and place in freezer. Once frozen, take it outside and set in sun. Where does the ice start to melt first? Does it melt all over or in certain spots? Share your results with an adult.

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