

ACTIVITIES

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!



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!



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?



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!



Friday



Match My Body

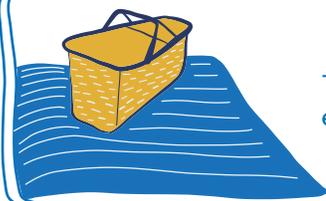
Make a shape with your body. See who can match the shape with their own body!

Spread Joy

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



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!



Sunday

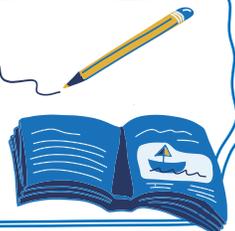


Dance Off

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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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?

MOON
CHEESE



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

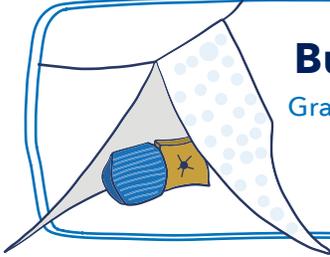
Go on an adventure walk and see what fun items you can collect! Show and tell the treasures you find!



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

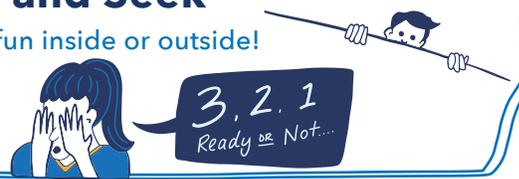
Wash Dishes

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

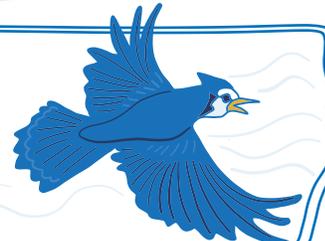
Rock Farm

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



Bird Hunt

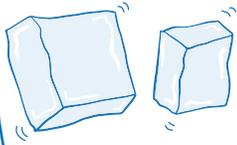
Go on a hunt for birds. See how many you can find!



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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.

Best?

Worst?

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.

peas

bees

knees

fleas

cheese!

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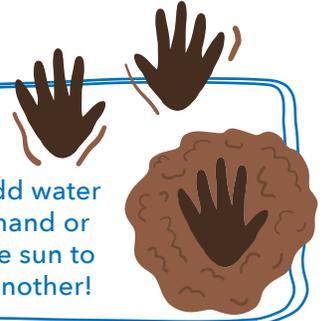
HONK!

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

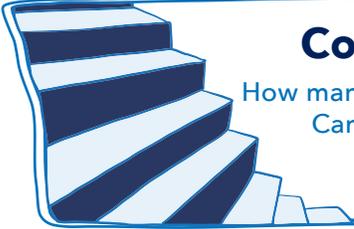
Scoop dirt into a container. Add water to make it mushy. Stick your hand or foot in the mud. Let it sit in the sun to dry. Just add water to make another!



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

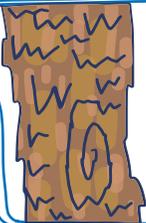
Make up a song to express your feelings. Sing a song about being happy. Sing a song about being sad. What other feelings can you sing?



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.

