



Find a recipe to make your own play dough.



Draw a picture of your pet (or a pet you would like to have).



Trace your foot. What can you turn it into?



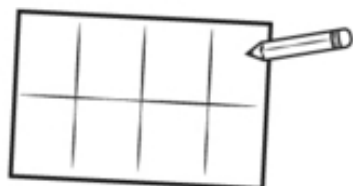
Draw a picture and make it into a puzzle.



Draw all of the things you can think of that are your favorite color.



Draw a picture with sidewalk chalk for a neighbor to see.



Fold a piece of paper into 8 sections. Fill each square with a drawing of something from nature.



Make a dream catcher out of found things.



Draw your favorite meal on a paper plate.



Draw a page of face emojis. Which one are you feeling like today?



Start a picture and let someone else finish it.



Use string or yarn and clear glue to make a picture.



Create pressed flower art. All you need is flowers or leaves, parchment paper, and a heavy book!



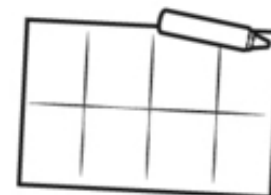
Make something out of an empty toilet paper roll.



Paint some rocks and leave them outside for friends and neighbors to discover.

ABC

Draw all of the things you can think of that start with the same letter as your name.



Fold a piece of paper into 8 sections. Fill each square with rubbings of different textures.



Wrap a stick or small branch in colorful yarn.



Make bookmarks for every reader in your family.

GET MOVING CHALLENGE

edHelper.com

Color each activity that you complete.



Make an obstacle course. How fast can you get through it?



Crab walk through your whole house.



Walk around the block.



See how long you can hop on each foot. Which foot hopped best?



Make a "tight rope" with tape on the floor.



Shoot hoops.



Squat for a whole commercial break.



Make up a dance routine.



Jump rope/invisible jump rope for 2 minutes.



Go for a bike ride.



Play tag!



Hopscotch!



Bear walk through your whole house.



Turn up the music and have a dance party.



See if you can hold a plank for a whole commercial break.



Blow up some balloons. Toss them around without letting them touch the floor!



Flap your arms like a chicken until someone asks you to PLEASE STOP.

Books let you travel without moving your feet.

READING CHALLENGE

Color each activity that you complete.



Read under a tree.



Read a mystery.



Read under a blanket.



Read to a stuffed animal.



Read to a pet.



Read to a family member.



Build a fort and read in it.



Read in the dark with a flashlight.



Read to someone on the phone or a video call.



Read a newspaper or magazine.



Read a non-fiction book.



Read in the bathtub.



Read in a sunny spot.



Read a recipe and bake it.



Read a book about an animal.

ABC

Read a book that starts with the same letter as your name.

WEEKLY CHORE CHART

DAILY

	M	T	W	T	F	S
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_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEKLY

_____	<input type="checkbox"/>
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NOTES



I did all of my chores!



DAILY TO DO LIST

Directions: Color in activities as you finish them.

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I made my bed

M
Tu
W
Th

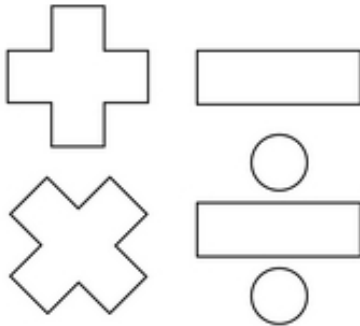
F
Sa
Su



I ate something healthy

M
Tu
W
Th

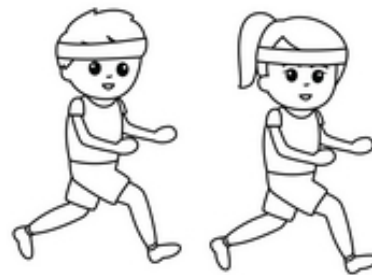
F
Sa
Su



I did 15 minutes of math

M
Tu
W
Th

F
Sa
Su



I walked around the block or did an exercise workout

M
Tu
W
Th

F
Sa
Su



I helped with a household chore

M
Tu
W
Th

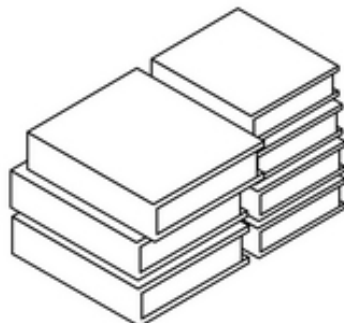
F
Sa
Su



I did something good for someone

M
Tu
W
Th

F
Sa
Su



I read a book

M
Tu
W
Th

F
Sa
Su



I put my toys away

M
Tu
W
Th

F
Sa
Su