

FAMILY FUN ACTIVITIES

when you're running out of things to do



01.

NATURAL DYE FOR EASTER EGGS

using items likely in your kitchen, experiment with natural dyes for Easter eggs



FAMILY SCRAPBOOK

let your teen go through pictures to create their own family scrapbook/lifebook. Shutterfly has great options for photobooks to create online



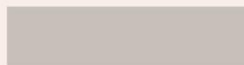
02.



03.

SPA DAY

paint nails, make an at home facial or hair mask



KIDS' COOK NIGHT

it's a great time to work on life skills! let your teen choose a meal, add ingredients to your next online grocery pick up order and then cook together



04.

visit us on Facebook for tips on how to talk with your child about COVID-19, grounding/calming techniques and avoiding isolation and depression



We all thrive in a world with structure and predictability. With the disruption to our daily routines during the stay at home order, it becomes so important to develop new routines at home that are educational, playful and most of all, focuses on bonding as this will help both you and your teen during unsettling times. By now, you may have exhausted your creative brain on activities to fill the days of sheltering in place. Weekly, I will share some ideas on activities that your family may enjoy. I'd also like you to share any creative activities your family has enjoyed so I am able to pass those ideas along too! Below are links for articles or recipes shown on the left. Stay safe and enjoy each other!

<https://www.marthastewart.com/267850/dyeing-eggs-naturally>

https://www.shutterfly.com/photobooks?ASSETID=P243815_SY_HP_hero_0401.jpg

<https://www.fancynancyworld.com/2017/08/16/3-diy-edible-face-masks/>

<https://www.tasteofhome.com/collection/recipes-kids-should-know-heart/>