

FAMILY FUN ACTIVITIES

when you're running out of things to do



01.

COVID-19 TIME CAPSULE

create a time capsule which allows your child to document their feelings during the pandemic. this is a historic moment they will likely share with their own children.



ROCK CANDY

it's a science experiment and treat in one! over the next week or two, watch your rock candy grow.



02.

PIZZA HERB GARDEN

as it begins to warm up, pick up a few herbs or seeds and potting soil for your teen to create an herb garden to spice up their pizza.



03.

MUSHROOM HUNTING

if you have ground or have a friend to ask, head out to the woods to search for morel mushrooms. they're up!



04.

feeling overwhelmed by constant conversations revolving around COVID-19? visit us on Facebook to find out tips on changing the topic without disregarding the feelings of others.

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.9and10news.com/2020/04/07/childrens-activity-covid-time-capsule/>

<https://www.growingajeweledrose.com/2017/07/kool-aid-rock-candy.html>

<https://www.thespruce.com/pizza-garden-in-a-container-848243>