

# FAMILY FUN ACTIVITIES

when you're running out of things to do



01.

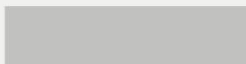
## HEART HUNTING

pull out the construction paper and have the kiddos make a heart window display. then load up in the car and take a ride to search for other hearts.



## ICE CREAM IN A BAG

put these ingredients on your next online pick up order. it's SOOO good!



02.

## SPA DAY

paint nails, braid hair and make an at home facial



03.

## PACK A PICNIC

load up a basket and blanket with lunch and head outside. the fresh air does a body good!



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



Children 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 your child feel safe 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.wgil.com/2020/03/24/families-heart-hunting-from-a-distance-becomes-craze-locally-and-nationally/>

<https://www.thebestideasforkids.com/ice-cream-in-a-bag/>

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

<https://www.tasteofhome.com/collection/kid-friendly-picnic-food-ideas/>