



	The Virginia Parent Council encourages special time with your children. As many of our children learn virtually, this month is focused on taking a break during or after school. Some activities may need a little prep the day before or maybe take a long break during learning time. Encourage your teen to join the fun!
	Challenge your family to complete these activities or choose ones that work best for your family. Use websites included or feel free to use your imagination. *Remember to write in journal daily.
Monday	Check out what a Brain Break is and try some each day https://hes-extraordinary.com/brain-breaks-for-kids
Tuesday	Take out the art supplies and let the imagination take over
Wednesday	Play Simon Says
Thursday	Play a board game you have or make your own https://rediscoveredfamilies.com/how-to-make-a-board-game/
Friday	Go for a neighborhood walk
Saturday	Make your own Playdough https://www.messylittlemonster.com/2017/05/playdough-recipes.html
Sunday	Build an indoor fort https://www.scarymommy.com/kids-indoor-fort/
Monday	Make your own Bubbles or play with ones you have https://smashedpeasandcarrots.com/the-best-bubbles-ever/
Tuesday	Call or Facetime a friend and see how his/her day is going
Wednesday	Scavenger Hunt https://www.playpartyplan.com/scavenger-hunt-ideas/#find
Thursday	Play Would You Rather https://icebreakerideas.com/would-you-rather-questions/#Funny_Would_You_Rather_Questions
Friday	Play hopscotch
Saturday	Create an outdoor obstacle course (use things you already have) https://www.mykidstime.com/things-to-do/get-active-fun-obstacle-course-ideas-kids/
Sunday	Plan some after school snacks for next week https://www.myrecipes.com/kids/easy-after-school-snack-ideas
Virtual learning tips	A few articles with advice for you to help your child be successful learning virtually http https://www.usatoday.com/in-depth/news/2020/08/06/covid-19-tips-parents-successful-online-learning-virtual-classes-zoom/3303918001/s://www.goodhousekeeping.com/life/parenting/a33608758/virtual-learning-tips-for-parents/