



Create Memories with Your Family

	The Virginia Parent Council encourages special time with your children. As we stay home more than we ever have, plan and enjoy this time with fun activities. 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 S-activity is broken down into steps	Family Dance-A-Thon S- Create a vision board for your family as a whole or individual ones https://blog.mindvalley.com/vision-board/
Tuesday	Have a water balloon fight S- Vision board
Wednesday	Make face mask https://www.healthline.com/health/how-to-make-a-mask-out-of-fabric S- Vision board
Thursday	Create abstract art https://www.momtastic.com/parenting/activities/172287-kid-craft-easy-abstract-art/ http://www.pinkstripeysocks.com/2014/05/create-abstract-art-with-kids.html S- Vision board
Friday	Plan next week's menu (include something new) S- Finish Vision board
Saturday	Visit a State Park and take a trail walk
Sunday	Play some classic games like Tic-Tac-Toe , cards, or board games
Monday	Text a teacher or phone a friend S- Choose a book about diversity and discuss https://freekidsbooks.org/subject/diversity-and-differences/
Tuesday	Give your dog a bath or visit a shelter if allowed S- Choose a book about diversity and discuss- use same website as Monday
Wednesday	Create a commercial on a funny topic and record on a phone https://30seconds.com/mom/tip/12941/How-to-Make-a-Commercial-With-Kids-for-Dramatic-Play-Fun-at-Home S- Choose a book about diversity and discuss-use same website as Monday
Thursday	Make Jell-o Jigglers https://www.myfoodandfamily.com/recipe/053920/jell-o-jigglers S-Choose a book about diversity and discuss-use same website as Monday
Friday	Get outside and have fun with sidewalk chalk Discuss which diversity book was your child's favorite and why
Saturday	Family movie night- add some zing to your popcorn https://spoonuniversity.com/lifestyle/15-creative-popcorn-toppings
Sunday	Make home-made cards for nursing home residents and drop off