

STAY-AT-HOME FAMILY **DAILY** CHECKLIST:

- 30 (at least) minutes exercise**
- Outside time, no matter the weather**
- Creative or nature or science project**
- Read**
- Dad work time**
- Mom work time**
- Learn something new**
- Declutter one space or thing**
- Clean one space or thing**
- Games or puzzles**
- Support your neighbors, community, or world in some way**

OTHER FUN IDEAS:

- Academic worksheets**
- Facetime friends & relatives**
- Dance Party!**
- Write cards/letters to friends & relatives**
- Push-up or jumping-jack break!**
- Check out online learning resources**
- Make or bake something for the week or the freezer**