

Relationship-Building Activities

April 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			 <p>Explore the outdoors! Take a walk or put on your helmets for a bike ride.</p>	 <p>Have a game night! Play a card game, your favorite board game or charades.</p>	<p>3</p> <p>Learn how to say something in a new language. Start by Googling "count to 10 in" and "say I love you in" that language.</p>	<p>4</p> <p>Have a virtual "hangout" with a friend or family member via Zoom, FaceTime or Skype.</p>
<p>5</p> <p>Start a journal for you and your child to write notes back and forth to each other.</p>	 <p>Do yoga together! YouTube has free, kid-friendly options, such as Cosmic Kids Yoga.</p>	<p>7</p>  <p>Sit down and talk about the use of social media and the internet as a family.</p>	 <p>Hug your child today and remind them of your love.</p>	<p>9</p> <p>Take a virtual tour of an aquarium, museum, park or zoo as a family.</p>	 <p>Read a book together or ask your child about what they're reading. Consider starting a chapter book to read from each day.</p>	 <p>Have a movie night! Make some popcorn or other snacks and pick a movie no one has seen yet.</p>
<p>12</p> <p>Share three things you are each grateful for.</p>	<p>13</p> <p>Create a family time capsule by gathering photos and other mementos to look back on in the future.</p>	<p>14</p> <p>Write a handwritten letter to a friend or family member.</p>	<p>15</p> <p>Pick a theme for dinner and dress up to match the theme.</p>	 <p>Turn household items, like socks or brown paper bags, into puppets for a puppet show. Or write a play together.</p>	<p>17</p> <p>Talk to your child about emotions: What do you do when you're happy, sad or angry?</p>	<p>18</p> <p>Make and decorate your own paper airplanes.</p>
 <p>19</p> <p>Build a fort and "camp out" in the living room.</p>	<p>20</p> <p>Do a spa day! Take a bubble bath, paint nails or try a facial mask.</p> 	<p>21</p> <p>Bake your favorite treat or create a new one.</p>	<p>22</p>  <p>Have music night! Play an instrument, create a playlist or take turns picking songs for a dance party.</p>	<p>23</p> <p>Play an active game of "Simon Says." Do stretches, push-ups and lunges in a safe space.</p>	<p>24</p> <p>Put on a family fashion show. Have each family member dress up in fun combinations of clothing from your closets.</p>	<p>25</p>  <p>Make dinner as a family: pizza, pasta or any recipe the whole family can be involved in.</p>

<p>26</p> <p>Listen to an audiobook or podcast together as a family.</p>	<p>27</p> <p>Have a picnic in the yard or on a blanket on the floor.</p>	<p>28</p> <p>Do a chore together, like organizing the closet or folding laundry.</p>	 <p>Show your child old family photos.</p>	<p>30</p>  <p>Color away! Break out the crayons, colored pencils or markers, and color or draw together.</p>	 <p>Children's Healthcare of Atlanta</p> <hr/> <p>STRONG4LIFE</p>	
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