| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 6 <br> Go for a walk with your family and play I Spy. | 7 <br> Call a relative to get a recipe for their famous dish that you love! | 8 <br> Practice <br> mindfulness for at least 5 minutes. | 9 <br> Take turns humming songs and have others try to guess the name of the song. Be patient with everyone! | 10 - Good <br> Friday <br> Have a karaoke <br> night. Children <br> can sing their <br> favorite songs. <br> Give compliments <br> for each person's <br> attempts, and <br> take turns singing <br> and being the <br> camera- person. |

