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