Family Fun

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Play a board game	2 Read a story together	3 Draw a family portrait
4 Count ten household items	5 Cook a simple snack	6 Build a blanket fort
7 Have a family dance	8 Make paper airplanes	9 Sort a toy basket
10 Water a plant together	11 Share a favorite memory	12 Do a puzzle together
13 Make a gratitude jar	14 Draw a silly animal	15 Have a no-screen hour
16 Play pretend shop	17 Take a nature walk	18 Make a homemade card
19 Teach a simple game	20 Build a block city	21 Help prepare lunch
22 Make a family pattern	23 Have a story circle	24 Try a new fruit
25 Plan a kindness act	26 Look at old photos	27 Make a paper chain
28 Sing a family song	29 Celebrate small wins	30 Share your favorite day

Tick each card as you finish it. Adapt any task to the child's needs.