

# SLOW DOWN NANA

## Week 1 Activities

### The 10 Minute Rule

Day 1	Pick A Silly Song Dance
Day 2	Build A Lego House
Day 3	Do Some Drawings
Day 4	Invent a 'Yes' Day
Day 5	Watch A Favourite Cartoon
Day 6	Cuddle Up and Read a Book
Day 7	Make A Prayer List