What Can I Do... When I Don't Know What To Do?

Summer Edition

Having a hard time coming up with ideas?
Here's a few to get you started... pick one or two in each column that you might be interested in adding to your brainstorm list!

CREATE	CONNECT	MOVE	OUTSIDE	CALM	FREE FUN
Build with Lego or blocks	Bake with someone	Yoga	Sit in the sun	Breathing	Paint nails
Build a Puzzle	Play a game	Walk	Draw with sidewalk chalk	Lay in hammock	Go for ice cream
Imaginative play	Cuddle	Jumping Jacks	Scavenger Hunt	Watch the clouds or birds	Make a fun snack
Paint Rocks or sticks	Eat a snack together	Dance Party	Skip rope	Read a book	Make a smoothie or lemonade
Draw or Paint	Call a friend or relative	Make a Fort	Play with water, sand or garden	Write a story or journal	Take pictures
Make a craft (e.g. perler beads or puppet)	Listen to a story or podcast together	Bike Ride	Hopscotch	Collect rocks or flowers	Go for a drive
Playdough, slime or clay	Tell jokes	Pretzel Arms	Draw or paint what you see	Listen to music	Explore a new place
Make a thankyou or birthday card	Look at pictures	Back rub	Have a picnic	Colour a picture	Make popsicles or lemonade
Write or Audio record a Story or a Poem (e.g. Limerick)	Tell 3 word story (each person takes turn saying the next 3 words)	Mountain Climbers or Cross Crawl	Blow bubbles	Smile	Play with toys

Things I Could Do...

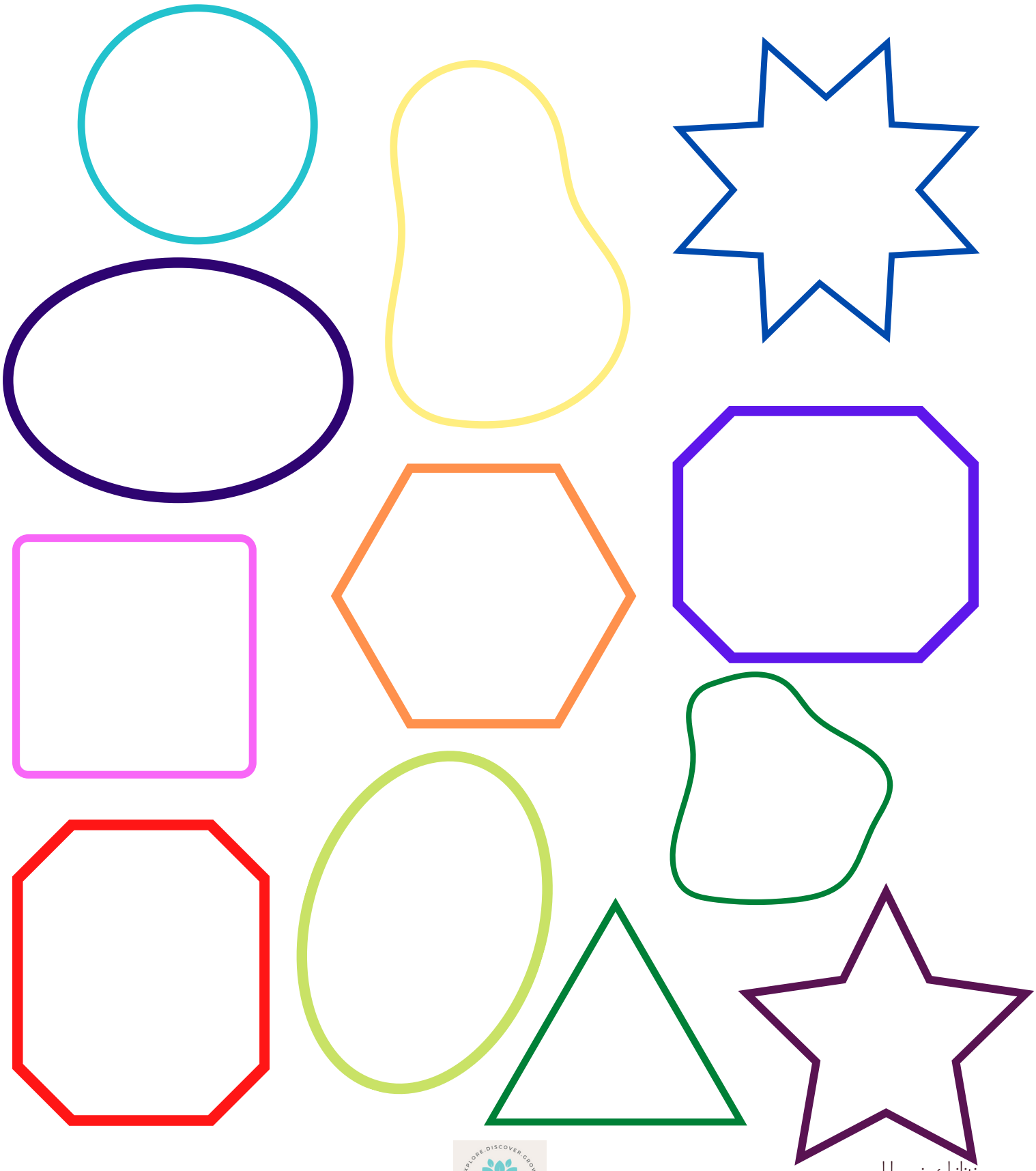
...When I don't Know what to do (My Ideas!)

You are wise and creative, what are some things you like to do? Add your ideas HERE!

CREATE	CONNECT	MOVE	OUTSIDE	CALM	FREE FUN

I Can Have Fun...

Use this space to brainstorm fun things you can do... especially when you don't know what to do. There's lots of screen-free fun ideas... Let's have some fun!!



EXPLORE. DISCOVER. GROW.

Make a Plan... EXAMPLE

Do you like to make a plan? Here's a sample for inspiration... what would you like to do in YOUR day? Use one of the blank ones, or create your own idea

ONE DAY AT A TIME!

Today I will...

CREATE	CONNECT	MOVE	GO OUTSIDE	CALM	HAVE FUN

SAMPLE

Screen-free fun	What I could do
Create	Build with Lego or Magformers
Have Fun	Play with a friend
Go Outside	Draw with chalk, then spray it with water
	Lunch time
Calm	Listen to an audiobook, podcast or read
Move	Play basketball
Connect	Play a game with a family member
	Get Ready for Bed

Make a Plan... Idea #1

Sometimes it helps us to plan ahead... but we can also be flexible if plans need to change:)

ONE DAY AT A TIME!

Today I will...

CREATE	CONNECT	MOVE	GO OUTSIDE	CALM	HAVE FUN

When I wake up	
After Breakfast	
And then...	
Before lunch	
After lunch	
Next...	
Then...	
After Supper	
Before Bed	
Bedtime	

Make a Plan... Idea #2

Sometimes it helps us to plan ahead... but we can also be flexible if plans need to change:)

ONE DAY AT A TIME!

Today I Will...

CREATE	CONNECT	MOVE	GO OUTSIDE	CALM	HAVE FUN

Screen free fun	What I could do

Explore these fun videos for inspiration

With your grown-up, you can explore some of these ideas for inspiration - click on the underlined link to get to the activity, music or podcast...especially when you don't know what to do. Let's have some fun!!

http://www.thefuntheory.com/piano-staircase/ for more about The Fun Theory

Explore **what makes you feel GOOD, SAFE, COMFORTABLE, HAPPY or FREE!**

Make yourself into a pretzel, **HERE'S HOW**

Explore this dance list on Spotify

Listen to a podcast like:
Story Pirates
Brains On
Forever Ago
Smash Boom Best

Calm & Relax with some music or meditations
Relaxing Playlist
Bedtime Explorers

Use your **WHOLE body to have fun** - your muscles love to move!

Explore FUN ways to using your breath to relax - with Kleenex, a stuffy, and SHAPES

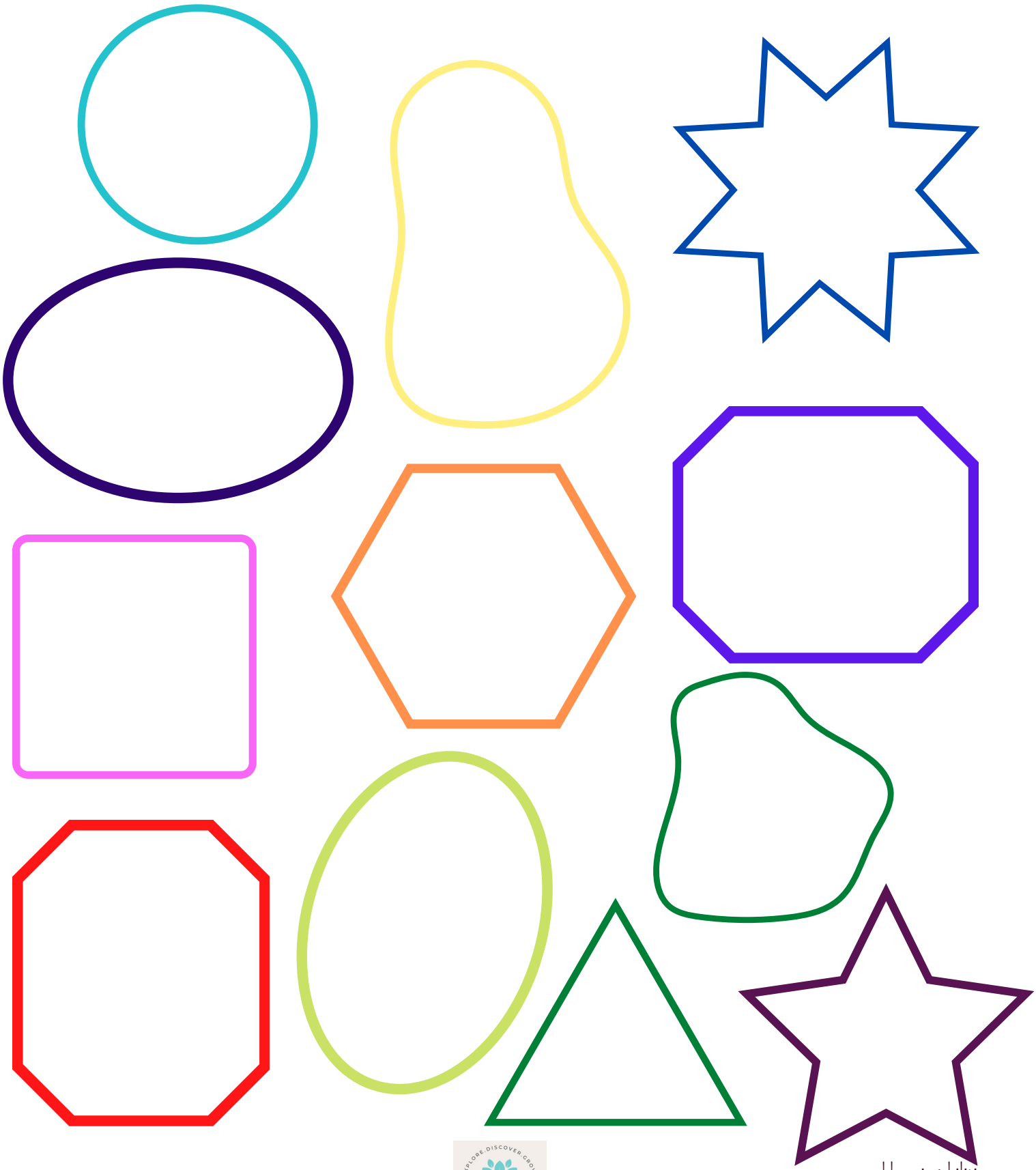
Pause and ground your body with some **DEEP PRESSURE fun**

Explore jokes or inpsration for crafts with your grown-up

EXPLORE. DISCOVER. GROW.

Fun Stuff To Do... By Myself

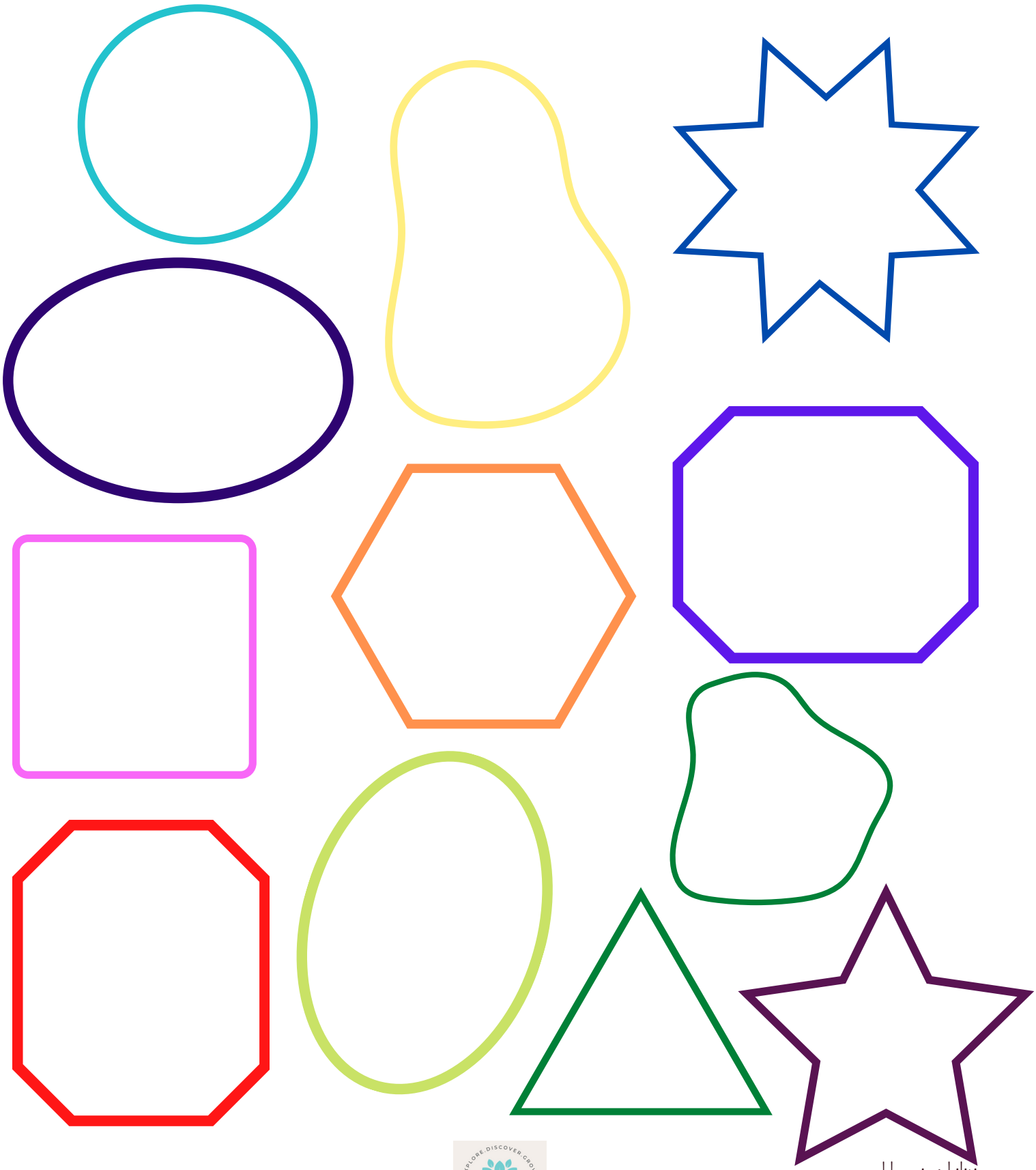
Use this space to brainstorm fun things you can do... especially when you don't know what to do. Have fun!!



EXPLORE. DISCOVER. GROW.

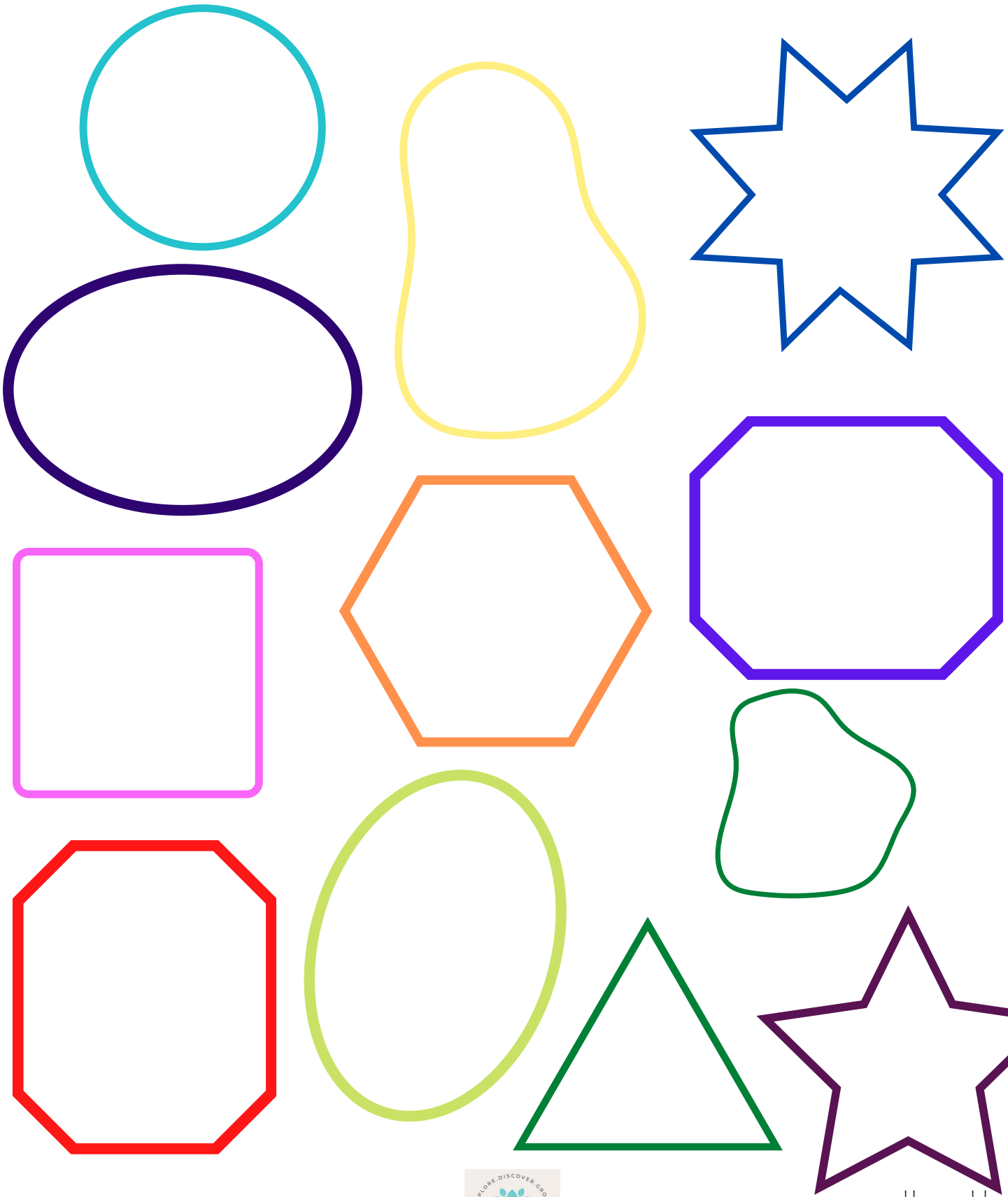
Fun Stuff To Do... with my Family

Use this space to brainstorm fun things you can do... especially when you don't know what to do. Have fun!!



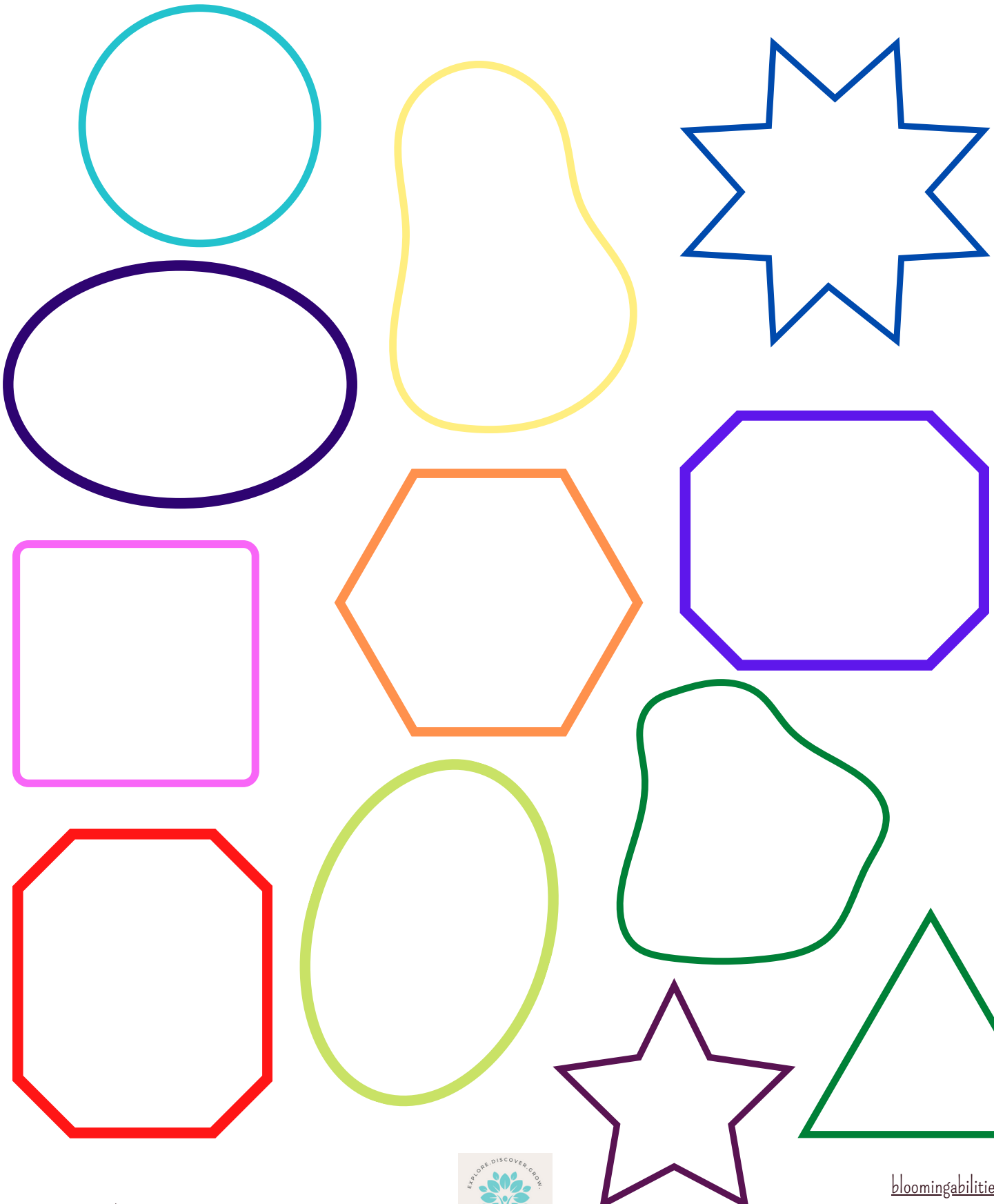
Fun Stuff To Do... Inside

Use this space to brainstorm fun things you can do... especially when you don't know what to do. Have fun!!



Fun Stuff To Do... Outside

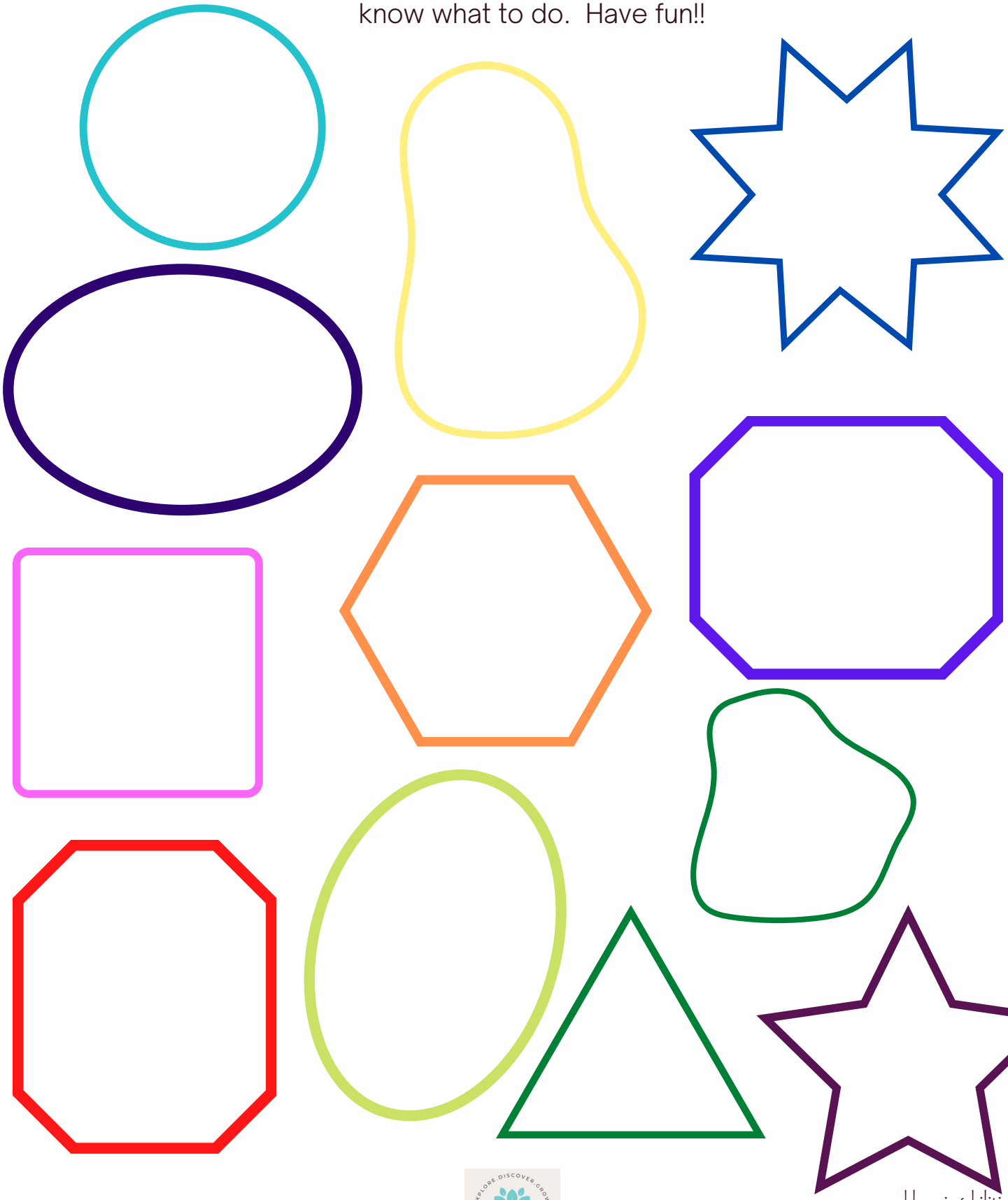
Use this space to brainstorm fun things you can do... especially when you don't know what to do. Have fun!!



EXPLORE. DISCOVER. GROW.

More Fun Stuff To Do...

Use this space to brainstorm fun things you can do... especially when you don't know what to do. Have fun!!



EXPLORE. DISCOVER. GROW.

What Can I Do... When I Don't Know What To Do?

Winter Edition

Having a hard time coming up with ideas?
Here's a few to get you started... pick one or two in each column that you might be interested in adding to your brainstorm list!

CREATE	CONNECT	MOVE	OUTSIDE	CALM	FREE FUN
Lego	Bake with someone	Yoga	Sit in the sun	Breathing	Paint nails
Puzzle	Play a game	Walk	Build with Snow	Lay in hammock	Go for a warm drink
Colouring	Cuddle	Jumping Jacks	Scavenger Hunt	Watch the clouds or birds	Bake a treat
Paint Rocks	Eat a snack together	Dance Party	Go Sledding	Read a book	Do a science experiment
Draw or Paint	Virtual chat	Make a Fort	Play with snow	Write a story	Take pictures
Make crafts or cards	Listen to a story or podcast together	Skating	Night walk	Collect rocks or sticks	Go for a drive
Write a Story	Tell jokes or stories	Pretzel Arms	Draw or paint what you see	Listen to music	Explore a new place
Make a snack	Look at pictures	Back rub	Have an outdoor fire	Write a journal	Make hot chocolate
Playdough/clay	Drive by a friends house	Mountain Climbers or Cross Crawl	Blow bubbles and watch them freeze	Smile	Play with toys