Things I can do...

When I don't Know what to do... (Summer)

CREATE	CONNECT	MOVE	OUTSIDE	CALM	FREE FUN
Build with Lego or other 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
Colour	Cuddle	Jumping Jacks	Scavenger Hunt	Watch the clouds or birds	Make a fun snack
Paint Rocks	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	Write a story	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	Write a journal	Make popsicles
Write 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

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

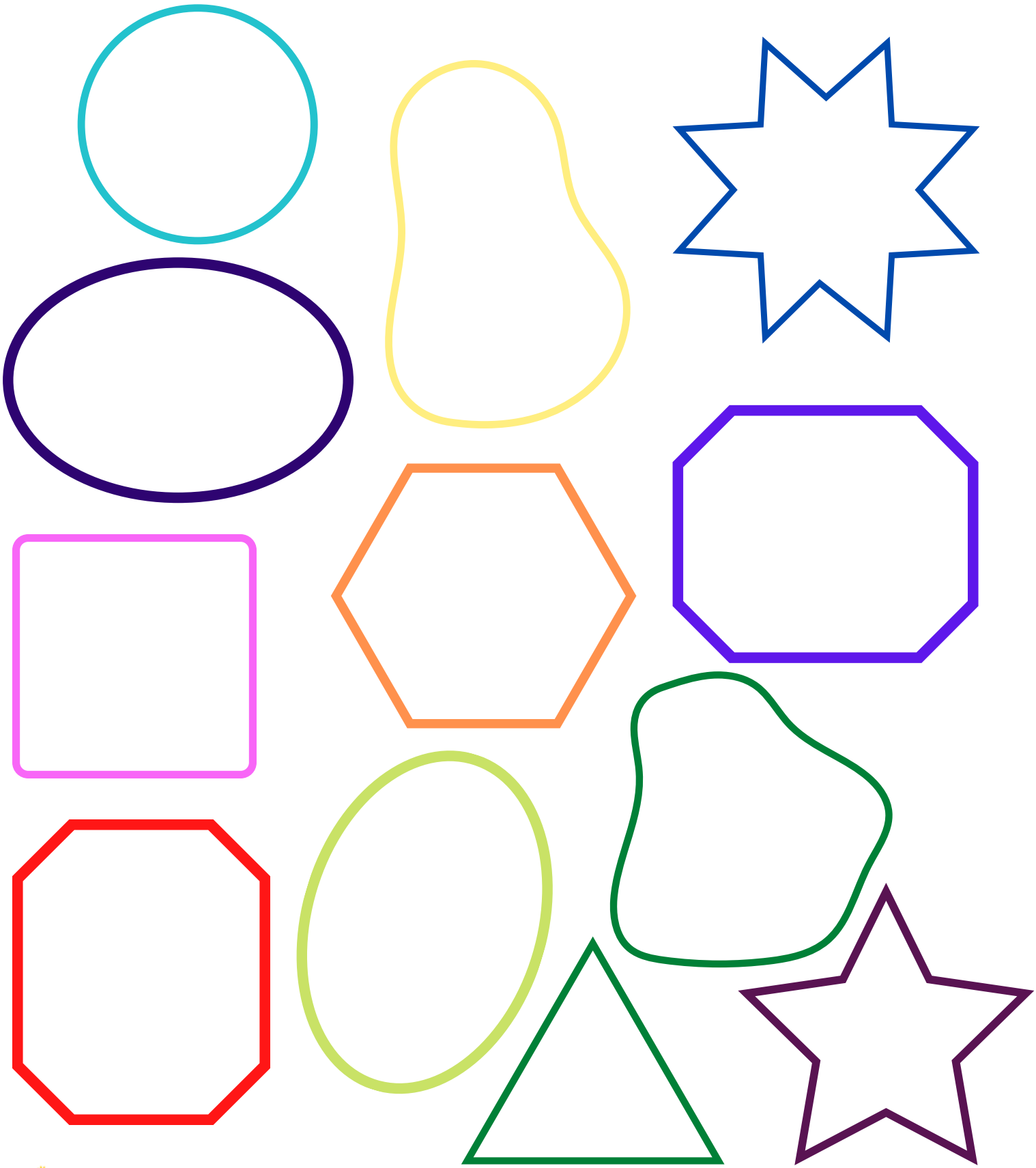
(Winter)

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

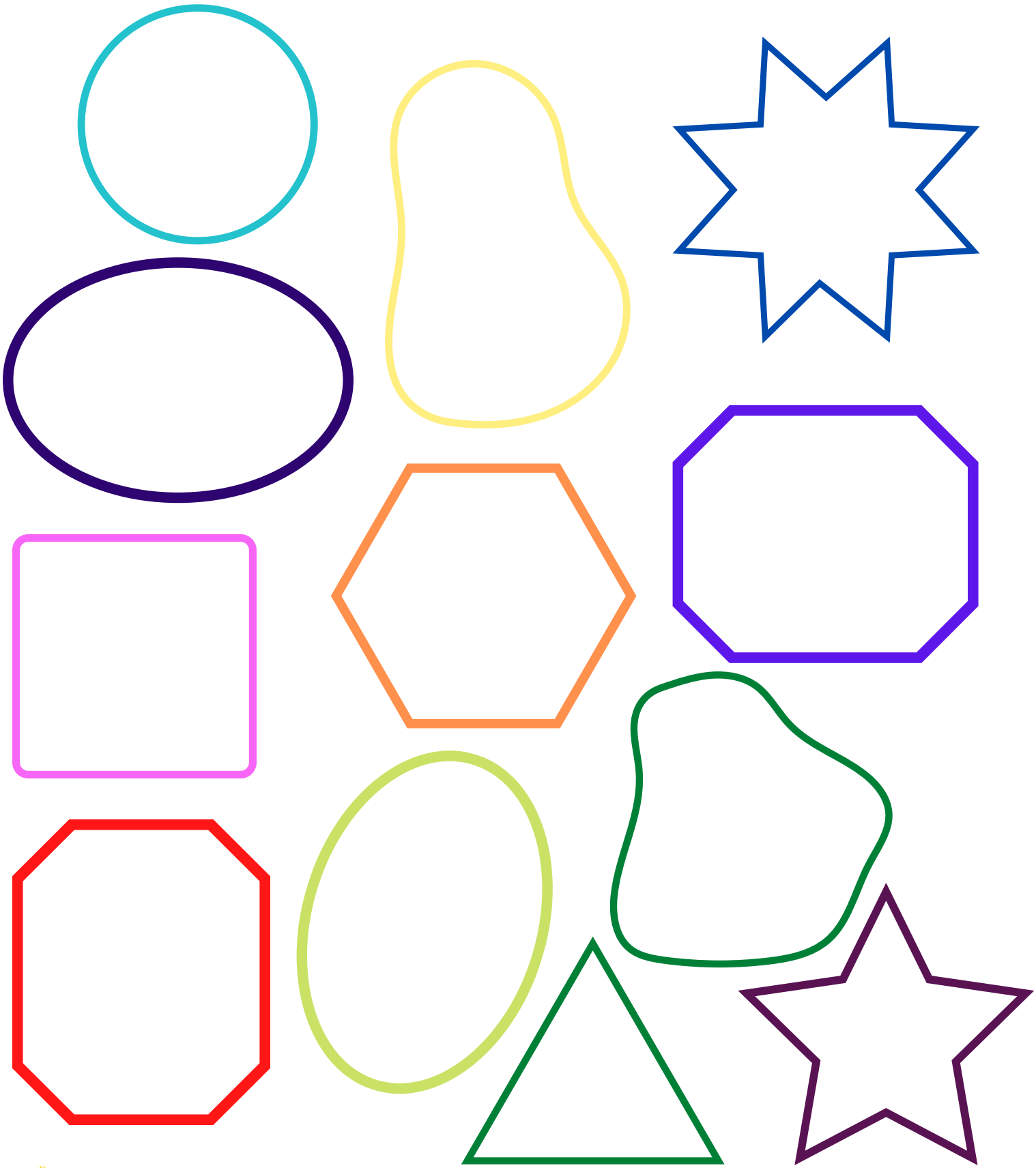
Fun Stuff To Do... By Myself

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



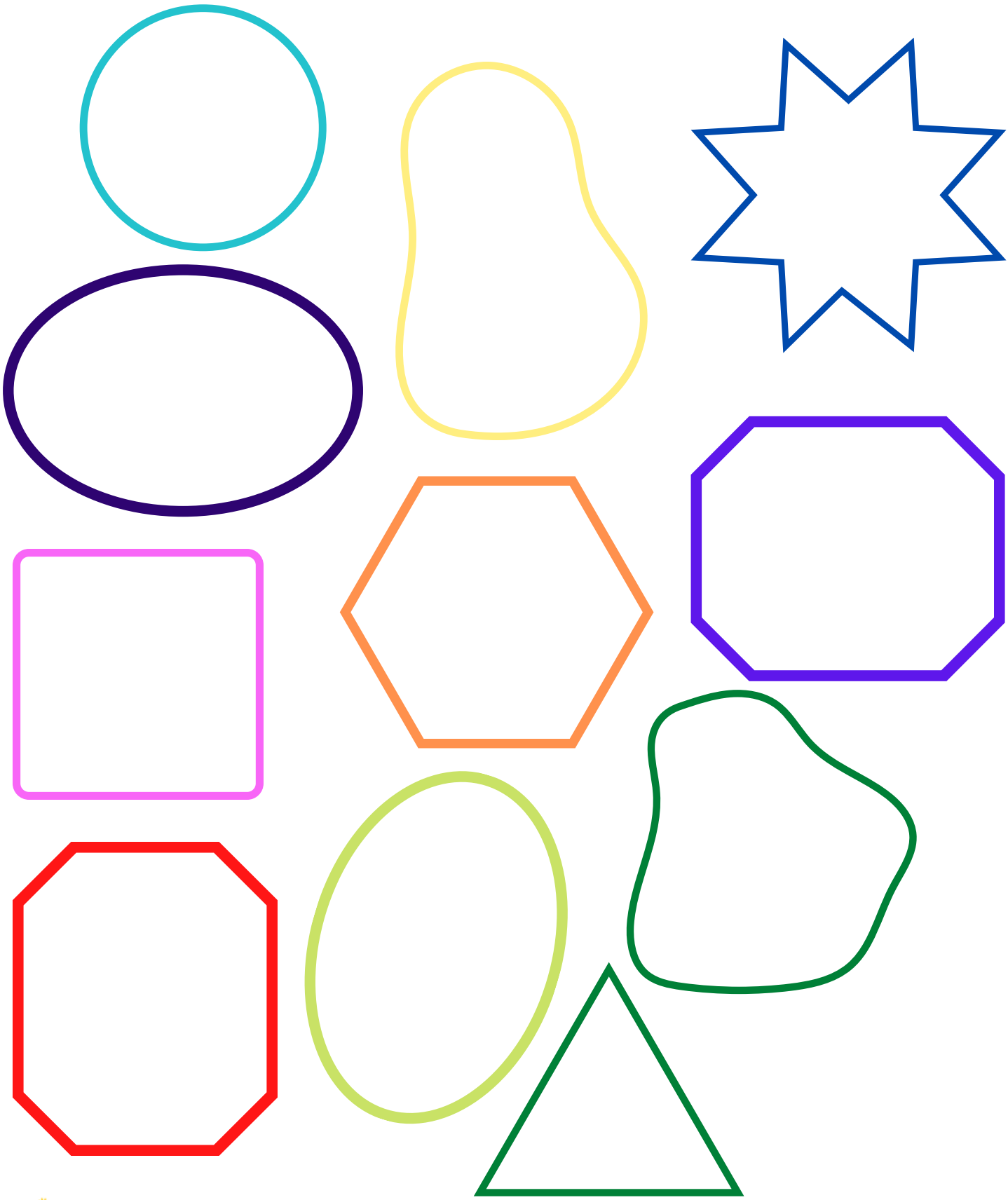
Fun Stuff To Do... with my Family

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... Outside

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... _____

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

