



QuaranTEENS Grid

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During the week, see how many of the activities you can do. Colour the grid square to show the activities you have completed.

<p>Watch a movie trilogy</p>	<p>Create a word search or crossword puzzle for family members or friends to complete</p>	<p>Help with the housework and chores around the home</p>	<p>Draw your family tree</p> 
<p>Make a wind chime from recycled materials</p> 	<p>Write a letter to someone you have not seen lately</p> 	<p>For a week, write down 3 things you are grateful for each day</p>	<p>Put together a jigsaw puzzle</p>
<p>Play a board game with a family member</p> 	<p>Write an Acrostic poem for each family member</p> <div data-bbox="952 1093 1097 1220" style="border: 1px solid black; padding: 2px; display: inline-block;"> <p>Brave Energetic Nurturing</p> </div>	<p>Make an outdoors obstacle course and time yourself doing it</p>	<p>Have a dance party</p> 
<p>Learn how to cook a family favourite recipe</p> 	<p>Find out about your great great grandparents</p>	<p>Make a phone or video call to a family member</p>	<p>Change the words of a song and video yourself singing it</p>