

Weekly Activity 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.

Help set the table for dinner every night	Have a picnic on your lawn or lounge room floor	Read a story to a family member	Draw your family tree 
Make a wind chime from recycled materials 	Write a letter to someone you have not seen lately 	Help clean up after dinner	Collect some fallen leaves from the garden and make a piece of art with them
Play a board game with a family member 	Create a family portrait	Make an outdoors obstacle course and time yourself doing it	Have a dance party 
Cook a family favourite recipe	Make your bed everyday for a week 	Make a phone or video call to a family member	Change the words of a song and video yourself singing it