

30 DAYS OF ACTIVITY IDEAS FOR KIDS

DAY 1

Have a jump rope contest.

DAY 2

Freeze juice or yogurt to make popsicles.

DAY 3

Have a picnic lunch on a blanket.

DAY 4

Make s'mores in the microwave.

DAY 5

Have a paper airplane throwing contest.

DAY 6

Plant seeds for a window garden.

DAY 7

Visit a virtual museum.

DAY 8

Make a card or drawn picture for the mail carrier.

DAY 9

Host a party with stuffed animals.

DAY 10

Mail cards to an assisted living facility.

DAY 11

Draw silly faces on the mirror with dry erase marker.

DAY 12

Make puppets from a brown paper lunch sack.

DAY 13

Play camping with a tent in the living room.

DAY 14

Play with chalk.

DAY 15

Make homemade playdough.

DAY 16

Create homemade bookmarks.

DAY 17

Send a handmade card to the police station.

DAY 18

Count all the birds you see in 10 minutes.

DAY 19

Play charades.

DAY 20

Make your own book about your favorite movie.

DAY 21

Have a foam dart war.

DAY 22

Act out your favorite movie of all time.

DAY 23

Draw what you see outside your window.

DAY 24

Send a thank you card to nurses and doctors.

DAY 25

Have a watermelon seed spitting contest.

DAY 26

Make a kitchen band with spoons, pots, and pans!

DAY 27

Send a thank you card to your local fire department.

DAY 28

Paint rocks, leaves, seashells or sticks.

DAY 29

Read out loud to your siblings or stuffed animals.

DAY 30

Call all of your grandparents to say hello.