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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **April 2020** |  |  | 1 | 2 | 3 | 4 |
|  | April is Child Abuse & Neglect Prevention Month. Wear blue on April 8th to help us support this cause. |  | [Art and Craft](http://www.onelittleproject.com)  [Educational Lesson](http://www.metmuseum.org)  Read in bed  [Wellness Activity](https://www.verywellfamily.com/active-play-4157315)  25 Squats (3X) | [Art and Craft](https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/)  [Mental Health](https://www.loveisrespect.org/content/self-care-checklist/)  Read a book about animals  25 Jumping Jacks (2X)  50 Jumping Jacks | [Art and Craft](https://mommypoppins.com/ny-kids/50-indoor-activities-for-a-rainy-day)  [Educational Lesson](http://www.columbuszoo.org)  Read a book out loud to someone  Planks for 30 sec (4X) | [Art and Craft](http://www.kinderart.com)  [Educational Lesson](http://www.funbrain.com)  Read your favorite book  Enjoy a family walk/run |
| 5 | 6 | 7 | Wear Blue Today 8 | 9 | 10  [Educational Lesson](https://www.education.com/games/?gclid=CjwKCAjwguzzBRBiEiwAgU0FT-hZA0NufUclEqN3dLeC0xzTEpEKvYLfXrqcf4gxWK0DQZnZ-kj3RRoCWZIQAvD_BwE) | 11  Become a Pen-Pal with a school friend |
| Relax/Breathe  Organize bedroom closets  Planks for 1 minute (4X) | [Mental Health](https://careersinpsychology.org/7-quick-easy-mental-health-exercises-help-day/)  [Educational Lesson](http://www.cosi.org)  Sanitize all door handles  15 Sit-Ups (2X) | [Educational Lesson](http://www.123homeschool4me.com)  Read for 10 Minutes  Skip around the yard for 5 minutes | [Art and Craft](https://www.thesprucecrafts.com/10-minute-crafts-for-kids-1250670)  [Educational Lesson](http://cincinnatizoo.org/education/)  20 Leg Lunges (3X) | [Educational Lesson](http://www.ohiohistory.org)  Read under the table  Hop like a frog for 5 min. | Read then draw a picture  Play a game of hide-n-seek | Have someone read to you  [Wellness Activity](http://www.fitnessblender.com) |
| 12 | 13  [Educational Lesson](https://pbskids.org/games/) | 14 | 15 | 16 | 17 | 18 |
| Watch a movie together  [Wellness Activity](https://www.bing.com/videos/search?view=detail&mid=C0974871263F6152DE4FC0974871263F6152DE4F&shtp=GetUrl&shid=e9a3ef19-057e-44c9-bbaf-cc2ddccd3f5b&shtk=S2lkcyBDaXJjdWl0OiBEcmlsbCBXb3Jrb3V0IChGVU4gV09SS09VVCBGT1IgS0lEUyBBVCBIT01FKQ%3D%3D&shdk=VGhpcyBGVU4gS0lEUyBXT1JLT1VUIHdpbGwgaGF2ZSB5b3Ugc3dlYXRpbmcgYW5kIG1vdmluZyB1c2luZyBjb25lcyBvciBwYXBlciBwbGF0ZXMuIFBlcmZvcm0gRlVOIERSSUxMUyBsaWtlIExBVEVSQUwgU0hVRkZMRVMsIFNRVUFUIFNIVUZGTEVTLCBMRUFQIEZST0dTLCBISUdIIEtORUVTICwgQkVBUiBDUkFXTFMsIEhPUCBTQ09UQ0gsIGFuZCBQTEFOSyBUQVBTISBTVUJTQ1JJQkUgdG8gZ2V0IFdFRUtMWSBWSURFT1M6IGh0dHBzOi8vd3d3LnlvdXR1YmUuY29tL3VzZXIvV29ya291dGguLi4gQ29ubmVjdCB3aXRoIG1lISDimaVGQUNFQk9PSzogaHR0cHM6Ly93d3cuZmFjZWJvb2suY29tIC4uLg%3D%3D&shhk=fwbIxmPObf6VCjkg47GDSRJyBBNqi4Srgn7mbguta0Y%3D&form=VDSHOT&shth=OSH.0T7pnZSatlb8bm6Z2SB8jQ)  Play a board game | Read while enjoying a snack  Do 5 push-ups (3X) | [Resource: Parenting Style](https://octf.ohio.gov/wps/portal/gov/octf/resources-for-parents/articles/You-do-not-have-to-parent-the-way-you-were-parented)  Build a fort/read inside  20 Burpees (3X) | [Educational Lesson](http://www.seussville.com)  Read for 20 Minutes  Jog in place for 2 minutes (3X) | [Educational Lesson](http://www.montereybayaquarium.org)  Read on the couch  [Wellness Activity](https://youtu.be/X655B4ISakg) | [Breathing Meditation For Kids](https://youtu.be/RtiWdN5WFm4)  Hide 10-20 items and have a treasure hunt | Make a homemade meal together  [Wellness Activity](https://youtu.be/pS7ohYO2Bz8) |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| [Art and Craft](https://www.myrecipes.com/community/5-kids-crafts-with-nicole)  Play Charades  25 Sit-Ups (3X) | [Educational Lesson](http://www.nationalzoo.si.edu)  Let a Parent pick a book  Pass any type of ball | [Ohio Children’s Trust Fund Parent Resource](https://youtu.be/fa9whiysbCU)  [Art and Craft](https://youtu.be/J2H_bnLhWPs)  [Wellness Activity](https://youtu.be/5if4cjO5nxo) | [Educational Lesson](http://www.zooatlanta.org)  Clean out flower beds  Take an evening walk | [Educational Lesson](http://www.cincinnatizoo.org)  Journal as a family  [Family Wellness](http://www.wholefamilyliving.com) | [Coping Skills](https://www.verywellfamily.com/coping-skills-for-kids-4586871)  Read using a flashlight  Play a game of family kickball | Have a family bake day  Take a family walk during sunset |
| 26 | 27 | 28 | 29 | 30 |  |  |
| Have a picnic in your yard  Take a mile walk/run   |  |  |  | | --- | --- | --- | | the More you KNow | COVID-19 If you have any questions regarding Coronavirus/COVID-19 Please call  1-833-4-ASK-ODH (1-833-427-5634) or visit www.coronavirus.ohio.gov  covid | Parent Resource We wanted to create a resource for you and your family that might help structure some of your family time during this challenging time. The links (yellow) in the calendar will take you to activities and resources. | | Call a friend or grandparent/relative  [Wellness Activity](https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids)  Create a Time Capsule | [Resource: Calm Yourself and the Baby](https://octf.ohio.gov/wps/portal/gov/octf/resources-for-parents/articles/calm-baby-parent)  Play a card game  Play Musical Chairs | [Resource: Kid Friendly Cooking Ideas](https://www.delish.com/easy-kid-recipes/)  Read for 30 minutes  Collect leaves on a walk | [**Art and Craft**](https://leftbraincraftbrain.com/mothers-day-flower-painting-cards/)  Write a letter and send it  Take a bike ride |  |  |