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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 animals25 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 someonePlanks for 30 sec (4X) | [Art and Craft](http://www.kinderart.com)[Educational Lesson](http://www.funbrain.com)Read your favorite bookEnjoy 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) | 11Become a Pen-Pal with a school friend |
| Relax/BreatheOrganize bedroom closetsPlanks 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 handles15 Sit-Ups (2X) | [Educational Lesson](http://www.123homeschool4me.com)Read for 10 MinutesSkip 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 tableHop like a frog for 5 min.  | Read then draw a picturePlay 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 snackDo 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 inside20 Burpees (3X) | [Educational Lesson](http://www.seussville.com)Read for 20 MinutesJog 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 Charades25 Sit-Ups (3X) | [Educational Lesson](http://www.nationalzoo.si.edu)Let a Parent pick a bookPass 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 bedsTake 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 flashlightPlay a game of family kickball | Have a family bake dayTake a family walk during sunset |
| 26 | 27 | 28 | 29 | 30 |  |  |
| Have a picnic in your yardTake a mile walk/run

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|  the More you KNow  | COVID-19If you have any questions regarding Coronavirus/COVID-19 Please call 1-833-4-ASK-ODH (1-833-427-5634) or visit www.coronavirus.ohio.govcovid | 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 gamePlay Musical Chairs | [Resource: Kid Friendly Cooking Ideas](https://www.delish.com/easy-kid-recipes/)Read for 30 minutesCollect leaves on a walk | [**Art and Craft**](https://leftbraincraftbrain.com/mothers-day-flower-painting-cards/)Write a letter and send itTake a bike ride |  |  |