

April is

Strengthening Families

By Building Resilience Month

April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>Click on the links for ideas and resources for the daily activities!!</i>			1 Learn a magic trick	2 Have a marathon movienight at home with popcorn
3 My family rocks! Paint a mini mural on a rock with your child	4 Make your own paper pinwheel	5 Wear Blue Day to show support for preventing child abuse and neglect	6 Write handwritten letters to family or neighbor	7 Play the game Hopscotch	8 Feed geese or ducks at local park or pond	9 Take a paint brush and water and paint the sidewalk
10 Go on a family bike ride	11 Put together a puzzle 	12 Watch the sunset 	13 Go on a nature walk	14 Play Hide and Seek	15 Play board games or card Games	16 Go through old family photos
17 Show kindness-smile at everyone you see today	18 Build a fort	19 Play balloon tennis using your hands	20 Read a book together aloud 	21 Take a virtual tour of museum, zoo, or aquarium.	22 Have an Arts and Crafts Session	23 Bake a cake or cupcakes with your child 
24 Feeling silly? Have a dance party	25 Plant a flower garden or tree together 	26 Watch a wildlife live-cam	27 Go for a hike	28 Decorate a shoe box and go on an adventure collecting favorite rocks, leaves, pinecones etc.	29 Go on a scavenger hunt	30 