

JANUARY

ACTIVITY LIST

- Try ice fishing
- Visit the zoo
- Eat a snowman's nose
- Go sleigh riding
- Have a themed dinner
- Make a snow angel
- Catch a snowflake on your tongue
- Walk like a penguin and have a race
- Make a New Year's resolution
- Make alphabet soup
- Peel an orange in one long piece
- Play freeze tag
- Go ice skating
- Take a yoga class on YouTube
- Start a rule that nobody sits during commercials
- Party like it's 1999
- Play some basketball
- Shovel a neighbor's sidewalk

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Created by Kerry Garvin

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FEBRUARY

ACTIVITY LIST

- Eat dinner by candlelight
- Say "I love you"
- Play blind-man's bluff
- Wear all red on February 5
- Give a kiss
- Play animal charades
- Play indoor hop-scotch
- Cook a heart-shaped pizza
- Slow-dance with someone
- Make a masking tape balance beam
- Make a pot of jambalaya for Mardi Gras
- Learn CPR
- Learn how to take your heart rate
- Play a game of slow motion tag
- Have a group hug
- Have heart-shaped pancakes for breakfast
- Act out a story together
- Have a toy car-carwash in the sink or tub
- Play balloon volleyball
- Hold hands on a walk
- Enjoy a sunset
- Be sure everyone knows how/why to wash their hands
- Make a valentine and hand deliver it
- Dip strawberries in chocolate
- Have an indoor picnic

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MARCH

ACTIVITY LIST

- Color with sidewalk chalk
- Find spring flowers in your neighborhood
- Play in the rain
- Dye Easter eggs
- Jump in rain puddles
- Swing at the park
- Feed ducks at a pond
- Bake or eat a pie on March 14 for pie day
- Spring clean your house
- Eat strawberry shortcake
- Visit a farm and see the baby animals
- Spring forward
- Fly a kite
- Plant some peas
- Read a book about bugs
- Get your bike tuned up
- Make Irish stew
- Celebrate St. Patrick's Day and eat green food
- Have an Easter egg hunt
- Celebrate March as National Nutrition Month

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APRIL

ACTIVITY LIST

- Sing in the rain
- Play an April Fool's Day joke
- Dance to Purple People Eater
- Celebrate Earth Day
- Do a science experiment
- Jump in a giant puddle
- Visit the parks in your area
- Try geocaching
- Pet a baby animal
- Learn a new jump rope rhyme
- Plant a seed to eat
- Take an after-dinner walk
- Make an outdoor treasure hunt
- Do some yardwork for someone else
- Find a popcorn tree
- Make a music video
- Visit the library
- Take a bike ride to see the flowers
- Tour a local factory
- Make a mud pie

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MAY

ACTIVITY LIST

- Get dirt under your fingernails
- Take the dog for a walk
- Watch a bumble bee at work in a garden
- Climb a tree
- Celebrate Star Wars Day on May 4
- Feed ducks at a pond
- Buy a pair of \$1 flip-flops
- Have your 1st BBQ of the season
- Roast a bunch of asparagus
- Start a rock collection
- Blow bubbles
- Eat an artichoke leaf by leaf
- Listen to a bird sing
- Celebrate Mother's Day
- Pick some berries
- Visit the farmers market and buy spinach or peas
- Celebrate Cinco de Mayo
- Make a strawberry smoothie
- Play a game of basketball
- Play driveway hockey
- Fly a kite

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JUNE

ACTIVITY LIST

- Learn a jump rope rhyme
- Watch a butterfly
- Celebrate June as fruit and vegetable month
- Celebrate June as dairy month
- Fly crepe paper streamers
- Celebrate Father's Day
- Make a flag dessert with red and blue berries for flag day
- Plant a garden
- Paint with ice cubes
- Press flowers
- Visit a local historic site
- Make freezer jam
- Make fruit kebabs
- Decorate your bike
- Learn to make a newspaper sailboat
- Do a somersault
- Eat a new vegetable
- Visit the library for story time
- Sleep outside
- Make a fort under a table
- Paint toenails
- Draw a self-portrait
- Arrange an obstacle course

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JULY

ACTIVITY LIST

- Watch a fireworks show
- Learn about sunflowers
- Eat some seeds or sprouts
- Go on a night-time nature walk
- Attend a parade
- Write a letter to someone far away
- Have a watermelon seed spitting contest
- Play with a pool noodle in the water
- Salute the flag, sing a song
- Make a freezer pop that includes a veggie
- Make ice cream on the trampoline in baggies
- Collect shells at the beach
- Learn to hula hoop
- Make a splash pad in your yard
- Try a veggie raw that you usually eat cooked
- Host a neighborhood talent show
- Play a backyard baseball game
- Make a scavenger hunt
- Grill a veggie kebab
- Learn to play hopscotch
- Start a water fight
- Play trampoline dodgeball with water balloons
- Slide down a hill on an ice block

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AUGUST

ACTIVITY LIST

- Bake cookies to make ice cream sandwiches
- Set up a bike wash
- Have a breakfast picnic
- Have a luau in the backyard
- Pick berries
- Make paper boats and race them
- Assemble a family cookbook
- Go back-to-school shopping
- Learn to fold origami
- Bake cupcakes in ice cream cones
- Set up a lemonade stand
- Make your own summer olympics races
- Visit a beach and collect shells
- Build a castle of sand
- Celebrate National Ice Cream Sandwich Day on August 2
- Celebrate National Watermelon Day on August 3
- Celebrate National Smores Day on August 10
- Celebrate National Lemonade Day on August 20
- Celebrate National Waffle Day on August 24

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SEPTEMBER

ACTIVITY LIST

- Use up all the bubble soap
- Run through the sprinklers
- One last trip to the pool
- Choose you favorite summer hike and do it again
- Have a picnic dinner
- Visit a local fair and ride a ferris wheel
- Add a fresh fruit to your breakfast cereal
- List your favorite summer memories
- Take a walk and gather leaves
- Go apple picking and climb a tree
- Have a backyard campfire and make tin foil dinners
- Go through a corn maze
- Make fresh salsa
- Make a meal from a different country and eat it the traditional way (chopsticks, with hands, sitting on the floor, etc.)
- Make a summer vegetable stew
- Bake apples in the oven

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OCTOBER

ACTIVITY LIST

Go to a pumpkin patch and pick a pumpkin

Roast pumpkin seeds

Make pumpkin soup

Play night games like ghost in the graveyard

Go for a family bike ride

Take a pine cone collecting hike

Make popcorn and add pumpkin spices

Gather a special leaf and make a leaf rubbing

Do the monster mash

Can some fruits or veggies or freeze them

Expore outside and find a spider's web

Plant flower bulbs

Go on a leaf-collecting walk

Carve a jack-o-lantern

Lay outside with a blanket and look at the stars

Eat applesauce with cinnamon

Go to a farmers market and pick out a strange looking gourd

Learn to dance to "Thriller"

Walk like Frankenstein

Do black cat yoga and arch your back

Go trick or treating

Create a Halloween costume

Ride around outside on a broomstick

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NOVEMBER

ACTIVITY LIST

Play a game of family football

Make caramel apples

Have a read-a-thon

Put on gloves and hats and go to the park to play

Drink apple cider

Rake a pile of leaves big enough to bury yourself

Do a secret service

Gather acorns or other seeds

Make a gratitude list

Make sweet potato fries

Take pictures outside in the leaves

Take flashlights and go on a night hike

Learn to dance to “All the Single Ladies”

Write a thank you note

Watch a “Charlie Brown Thanksgiving”

Bundle up for a hike and wear silly hats and crazy scarfs; drink hot chocolate after

Eat Thanksgiving dinner

Go swimming in an indoor pool

Visit grandparents

Plant an indoor herb garden

Have a turkey trot race

Do the hokey-pokey

Take a walk down a dirt road

Make chili

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DECEMBER

ACTIVITY LIST

- Kiss under the mistletoe
- Go caroling
- Write a letter to Santa Claus
- Make a pinecone and peanut butter bird feeder
- Send a christmas card
- Build something with marshmallows and pretzels
- Go sleigh riding
- Bundle up and take a walk to see Christmas lights
- Play balloon volleyball
- Play a game of "Santa Says"
- Have a Christmas song dance party
- Make a homemade ornament
- Picnic in front of your Christmas tree
- Catch a snowflake on your tongue
- Play a game of Twister
- Gather the neighborhood for a game of snow-dodge ball
- Bake some gingerbread
- String popcorn and cranberries
- Drink wassail
- Stir your hot cocoa with a candy cane
- Slippery sock skating
- Roll up white socks and have an indoor snowball fight

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