

# Welcome to our Wellness Corner



Hello everyone! My name is Aubrey Bingham! Some of your kids may know me from going to the Wellness Room at school. I have been asked to give some ideas for helping our kids deal with this difficult time! I will provide some tools or ideas on how to help the kids self-regulate when they are feeling stressed or scared. I will also include ideas with activities to help relieve stress and give them something fun to do during a break from school work. In the end, we are all trying to do our best in a difficult situation and we need to do what is best for our kids and ourselves. I hope this can help you and your family!



There are going to be some things that are printables and some are links to a recipe or idea online.



Please feel free to send this to family and friends outside of our school. We are all in this together and any help we can give each other is huge!

# This is for all of the parents and caregivers during this difficult time

It is not just the children who are having to make changes in their day-to-day life. It's you: the person reading this and caring for those children. It's not easy, in fact most days it's probably downright hard. Some of you are also working while trying to make sure your children are getting their school work completed, keep peace in the house, keep up with housework, prepare more meals and snacks, entertain, and soooo much more.

During this time I have been sending ways for your children to cope with the added stress and anxiety that this challenging time has added to them. This section is for you! If you aren't able to care for yourself, you can't be there for them. It's easy to get to a place where you are overworked, over exhausted, and mentally unable to handle anything more thrown at you. You find you are quick to get angry and sometimes are unable to focus on what needs to happen at that moment. Depression and anxiety can slip in without you noticing.

You are not alone in this! My meetings the last couple of weeks have focused primarily on self care and compassion. At first I thought this would be a waste of my time, but truly it's important for ourselves some time or we won't be able to be there for our children. I'm going to share my favorite parts from those meetings. I hope they help!

- \* You are doing this for yourself so you can be there for others
- \* Are you feeling overwhelmed or is it over-stimulation? Maybe you need to take a small break from noise and anyone touching you
- \* Self-care is a discipline, not an indulgence. Truly figure out what you need, not just zoning out in front of the TV. Figure out what would truly help you to relax and unwind: current hobby, new hobby, read a book, take a bath, go for a walk, bake a treat, etc.
- \* Be more patient with yourself: find a little more gentleness and tenderness for yourself in moments of struggle or crisis
- \* If we are feeling undervalued or unsuccessful in life, ask ourselves: What is our definition of success? What truly brings us joy?
- \* TV and social media: pay attention to how they affect us. They might be doing us more of a disservice than helping us
- \* Happiness can be cultivated and can be a choice
- \* Think of the problems or messes in our lives as weeds and what brings us joy as flowers:
  - Do we clear the weeds or plant the flowers?
  - What should we concentrate on first?
- \* Happiness Hygiene:
  - Wake up every morning and say 3 new things you are grateful for
  - Send a thank you to someone
  - Exercise everyday, even a little bit
  - Meditation: remove stimulation and give yourself 2 minutes of silence. Pay attention to your breathing so you don't find your mind wandering to what is stressing you out.
- \* Great article on Happiness Hygiene:  
<https://www.peoplesmattersglobal.com/amp-skilling-the-need-for-happiness-hygiene-amid-crisis-25657>

# Summer Break!

Now that we have survived school at home, it's Summer Vacation!.....with the kids.....at home.....all day.....

I know most of us are excited for a more relaxed schedule, but the thought of the kids home for the next three months when we've already been doing this for the past two is daunting, maybe even debilitating. I know it is for me! It usually takes 2-4 weeks after school gets out before the bickering starts and the boredom sets in complete with whining. Well, this year we already reached that ages ago. What are we going to do?!?

Well, I am here to include some fun summer activities that you can help fight off the summer boredom and whining. Of course you can use ideas from past Wellness Corners, I'm just trying to give you as much help as I can before summer starts!

With these lists, you can put them up on your fridge and check them off as you complete them. You could have a child write them on a piece of paper or popsicle stick and you pick one out each day for a surprise. You could separate them by types: outdoors, crafts, science, experiences, etc. and pick a day you do each type (Monday is crafts, Tuesday is outdoors, etc). Really, the sky is the limit! I hope this helps!

# Road Trip

fun ideas for family trips

[https://www.tripsavvy.com/travel-games-for-family-road-trips-3265630?utm\\_source=pinterest&utm\\_medium=social&utm\\_campaign=shareurlbuttons](https://www.tripsavvy.com/travel-games-for-family-road-trips-3265630?utm_source=pinterest&utm_medium=social&utm_campaign=shareurlbuttons)

<https://www.kcedventures.com/blog/40-free-printable-road-trip-activities>

<https://twitcheets.com/2016/05/printable-road-trip-activities.html/>

<https://www.playdoughtoplato.com/road-trip-activity-pack-2/>

<https://intheplayroom.co.uk/2015/07/23/printable-travel-games-for-kids/>

<https://www.muminthemadhouse.com/free-travel-printables-perfect-for-train-journeys/>

[https://www.123homeschool4me.com/20-free-printable-roadtrip-games\\_25](https://www.123homeschool4me.com/20-free-printable-roadtrip-games_25)

[https://www.frugalfamilytimes.com/2017/06/family-road-trip-free-fun-game-printables.html?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=821520330\\_34515604\\_350069](https://www.frugalfamilytimes.com/2017/06/family-road-trip-free-fun-game-printables.html?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=821520330_34515604_350069)

# Travel Scavenger Hunt

This game can have several variations. You can simply use this list and see how many items you can find. You can cut out each item and put them in a hat. Have everyone pull out one item at a time and see who finds their item first (removve some of the seasonal items as necessary). You can also have everyone make a list of 5 - 10 items that they think they will see and see who finds theirs first.

Airplane	Fire Station	Post Office
Ambulance	Fire Truck	Railroad Tracks
American Flag	Flag without stripes	Red Barn
ATV	Flashing red light	Red Wagon
Baseball diamond	Football Field	River
Billboard with a child on it	'For Sale' sign	School
Blue pick-up truck	Fuzzy Dice	Semi-Truck who honks
Boat	Gas Station	Sign with the word 'welcome'
Bridge	Green Light	Silo
Bus	Grocery store	Snowman
Bus stop	Historical Marker	Snowmobile
Car pulling a trailer	Horse	Somebody singing in a car
Cat	Lawn Mower	Someone Wearing a Hat
Cemetery	License plate with a Z	Statue
Chicken	Light-blue pickup truck	Stop Sign
Church	Motor Home	Sunflower
Cow	Mountain	Swimming Pool
Crane	Moving Truck	Tennis court
Deer	Person riding a bike	Tractor
Detour sign	Person on a cell phone	Train
Dirt Road	Picnic Table	Vegetable garden
'Do Not Enter' sign	Pine Tree	Water tower
Dog in a car	Playground	White Truck
Dog in a yard	Police car	Yellow Car
Fast Food Restaurant	Pond	Yield Sign

# 100 FREE SUMMER ACTIVITIES FOR KIDS

1. Jump rope
2. Play hop scotch
3. Build a sandcastle
4. Go swimming
5. DIY popsicles
6. Catch lightning bugs
7. Go to the beach
8. Play baseball/softball
9. Visit your local fair
10. Make soda floats
11. Create a music video
12. Build an obstacle course
13. Outdoor family game night
14. DIY a no-sew blanket
15. Camp outdoors
16. Walk the neighbor's dog
17. DIY sidewalk chalk
18. Fly a kite
19. Have a water fight
20. Try squirt gun painting
21. DIY ice cream in a bag
22. Have a bonfire
23. Bake cookies for local firefighters
24. Try a nature scavenger hunt
25. Play ultimate frisbee
26. Paint cement with water
27. Bike ride
28. Start a garden
29. Try an outdoor science experiment
30. Go hiking
31. Grow seeds (science)
32. Stargaze
33. Attend a free concert
34. Go alphabet-photo hunting
35. Sign up for your library's summer reading
36. DIY no-churn ice cream
37. Have a picnic
38. DIY shaving cream painting
39. Make homemade pizza
40. Host a garage sale
41. Try something new
42. Go geo-caching
43. Have breakfast for dinner
44. Play Scattegories
45. Make paper airplanes
46. See an outdoor movie
47. Blow bubbles
48. Make a bird feeder
49. Attend a free local event
50. Try mini golf
51. See an outdoor movie
52. Take a one-day road trip
53. Play charades
54. Make no bake cookies
55. Help a neighbor with lawn work
56. Tie dye a shirt
57. Visit a farmer's market
58. Have a family movie night
59. Make friendship bracelets
60. Do a random act of kindness
61. Make homemade play dough
62. Watch fireworks
63. Build a LEGO castle
64. Collect rocks
65. Go garage sale-ing
66. Have an indoor spa day
67. Learn a new game
68. Try a new food
69. Get a pen pal
70. Read a bedtime story
71. Face paint
72. Try frisbee tic-tac-toe
73. Make sock puppets
74. Eat outside
75. Build an indoor fort
76. Try brain puzzles
77. Play 'guess that song'
78. Start a book club
79. Have a car wash
80. Have a BBQ
81. Play pictionary
82. Make a time capsule
83. Go swinging
84. Make a calming jar
85. Take a nap outdoors
86. Have a lemonade stand
87. Play soccer
88. Volunteer
89. Try a new sport
90. Run through sprinklers
91. Make smoothies
92. Visit the park
93. Host a sleepover
94. Visit the zoo
95. Make a fairy garden
96. Take a free local class
97. Play with finger paint
98. Climb trees
99. Have a treasure hunt
100. Have fun!



# Mickey's License Plate Game

- |                                      |   |   |
|--------------------------------------|---|---|
| <input type="checkbox"/> Alabama     | <input type="checkbox"/> Louisiana      | <input type="checkbox"/> Ohio           |
| <input type="checkbox"/> Alaska      | <input type="checkbox"/> Maine          | <input type="checkbox"/> Oklahoma       |
| <input type="checkbox"/> Arizona     | <input type="checkbox"/> Maryland       | <input type="checkbox"/> Oregon         |
| <input type="checkbox"/> Arkansas    | <input type="checkbox"/> Massachusetts  | <input type="checkbox"/> Pennsylvania   |
| <input type="checkbox"/> California  | <input type="checkbox"/> Michigan       | <input type="checkbox"/> Rhode Island   |
| <input type="checkbox"/> Colorado    | <input type="checkbox"/> Minnesota      | <input type="checkbox"/> South Carolina |
| <input type="checkbox"/> Connecticut | <input type="checkbox"/> Mississippi    | <input type="checkbox"/> South Dakota   |
| <input type="checkbox"/> Delaware    | <input type="checkbox"/> Missouri       | <input type="checkbox"/> Tennessee      |
| <input type="checkbox"/> Florida     | <input type="checkbox"/> Montana        | <input type="checkbox"/> Texas          |
| <input type="checkbox"/> Georgia     | <input type="checkbox"/> Nebraska       | <input type="checkbox"/> Utah           |
| <input type="checkbox"/> Hawaii      | <input type="checkbox"/> Nevada         | <input type="checkbox"/> Vermont        |
| <input type="checkbox"/> Idaho       | <input type="checkbox"/> New Hampshire  | <input type="checkbox"/> Virginia       |
| <input type="checkbox"/> Illinois    | <input type="checkbox"/> New Jersey     | <input type="checkbox"/> Washington     |
| <input type="checkbox"/> Indiana     | <input type="checkbox"/> New Mexico     | <input type="checkbox"/> Washington, DC |
| <input type="checkbox"/> Iowa        | <input type="checkbox"/> New York       | <input type="checkbox"/> West Virginia  |
| <input type="checkbox"/> Kansas      | <input type="checkbox"/> North Carolina | <input type="checkbox"/> Wisconsin      |
| <input type="checkbox"/> Kentucky    | <input type="checkbox"/> North Dakota   | <input type="checkbox"/> Wyoming        |

Find plates from Canada, Mexico or US Territories!



# The Ultimate Bored Jar Activity List

- Let's play - Read a book
- Go on your DS for 30 minutes
- Research the Romans on the computer
- Let's cook - Biscuits
- Let's cook - make pizza
- Tidy your room
- Pick a flower and paint a picture of it
- Go swimming
- Call on a friend
- Do the washing up
- Make music
- Go to the library
- Make rocky road or fridge cake
- Hopscotch
- Make an obstacle course
- Groom the dog
- Colour in a book
- Clean your bedroom
- Learn how to skip
- Help pair socks
- Draw round your brother
- Write 5 things you love about your family
- Play with Lego
- Do a jigsaw
- Paint rocks
- Scout round the block
- Make fingerprint animals
- Feed the ducks
- Put up the play tent
- Play with the toy cars
- No electronics for the rest of the Day
- Make cards
- Have a bath
- Write a story starting with "David had to .."
- Draw a map of our house
- Find out how many bones are in the human body
- Have a shower
- Draw a robot and label all his parts
- Pretend you are a knight
- Sort the laundry
- Make paper aeroplanes
- Have a tea party with your friends
- Empty the dishwasher
- Jump up and down 20 times
- Let's cook - cupcakes
- Let's cook - you choose
- Put on a DVD
- Go out on your Bike
- Get the paint out
- Go to a park
- Water the plants
- Make homemade bubbles
- Have an ice-cream
- Make hot chocolate
- Make a paper boat
- Take dog for a walk
- Write to your penpal
- Vacuum the stairs
- Craft with Mum
- Set the table
- 1 chore of Mums choice
- Draw a comic
- Play with Playmobil
- 30 minutes on the Wii
- Make Jelly
- Feed the ducks
- Make a bird feeder
- Build a den
- Science time
- Draw a picture of our house from the outside
- Time for a Science Experiment
- Make a rain water collector
- Climb a tree
- Make wooden spoon people
- Spend 30 minutes on Moshi Monsters
- Let's cook - muffins
- Make/fly a kite
- Let's cook - Make popcorn
- Go out on your Scooter
- Board game
- Roll down a hill
- Go to the beach
- Sort out your shoes
- Borrow the camera
- Find five toys to give away
- Go for a walk
- Sweep the ground floor
- Do some stitching
- 30 mins with Mum
- Wash the car
- Football match upstairs
- 30 Minutes on the Xbox
- Go to a Museum
- Make a volcano
- Plan dinner, write a menu, help cook and serve
- Have a race
- Wash the pots
- Plan a bean in a jar
- Make finger puppets
- Find shapes, animals and objects in clouds
- Write a poem
- Watch Phineas and Ferb
- Pretend you are a cowboy
- Make a family tree
- Empty the dishwasher
- Make a treasure map
- Make a paper plate monster mask
- Pretend you are a pirate
- Learn how to use the washing machine
- Go to soft play
- Steam mop the bathrooms
- Steam mop the kitchen
- Make a card
- Prepare dinner



# 160 SUMMER FUN LIST IDEAS

- |                                   |  |
|-----------------------------------|--|
| 1. Go Camping                     | 81. Pick Wildflowers   |
| 2. Go on a Summer Vacation        | 82. Make Playdough   |
| 3. Random Acts of Kindness        | 83. Create GAK   |
| 4. Make Snow Cones                | 84. Gaming Party   |
| 5. Frozen Yogurt                  | 85. Tour a University  |
| 6. Play Freeze Tag                | 86. Visit 3 Museums  |
| 7. Favorite Water Park            | 87. Family Band  |
| 8. Favorite Swimming Pool         | 88. DIY Spa Day  |
| 9. Wash Car in Swimsuits          | 89. Library Storytime  |
| 10. Local Outdoor Concert         | 90. Make a Dessert & Share                                       |
| 11. Outdoor Movie                 | 91. Paint a Canvas   |
| 12. Gigantic Outdoor Candyland    | 92. Go Iceblocking   |
| 13. Taco Truck                    | 93. Roll Down A Hill   |
| 14. Rent a Cotton Candy Machine   | 94. Visit A State Landmark                                       |
| 15. Rent a Snow Cone Machine      | 95. Play in a River  |
| 16. BBQ                           | 96. Professional Sports Game                                     |
| 17. Swimming at 5 Different Pools | 98. Build Sandcastles  |
| 18. Go on a Hike                  | 99. Learn to Sew   |
| 19. Puppet Show                   | 100. Photo Scavenger Hunt  |
| 20. Zoo                           | 101. Play Charades   |
| 21. Visit a Waterfall             | 102. Learn a Magic Trick   |
| 22. Home Depot Kids Workshops     | 103. Play Tennis   |
| 23. Backyard Campout              | 104. Go Bowling  |
| 24. Sidewalk Chalk Masterpieces   | 105. Make a Baby Giggle  |
| 25. Frisby Golf                   | 106. Hula Hoop Contest   |
| 26. Dance in the Rain             | 107. Go to a Farmer's Market                                     |
| 27. Mad Libs                      | 108. Make a Paper Wind Sock                                      |
| 28. Read-athon                    | 109. Eat at a Popular Restaurant<br>found on Yelp or Urban Spoon |
| 29. Build Blanket Forts           | 110. Can Fruit   |
| 30. Talent Show                   | 111. Stargaze  |
| 31. Paint Rocks                   | 112. Visit the Pet Store   |
| 32. Ride in a Boat                | 113. Go to the Park  |
| 33. Visit a Lake                  | 114. Play Jax  |
| 34. Swimming Lessons              | 115. Show kids a fav movie<br>from your childhood                |
| 35. Build/Find a Rope Swing       | 116. Paint Your Own Pottery                                      |
| 36. Grow a Frog                   | 117. Feed Ducks  |
| 37. Make Smores                   | 118. Visit a Boardwalk   |
| 38. Giant Slip-n-slide            | 119. Boardgames  |
| 39. Tie-Die T-Shirts              | 120. Paint a Piece of Furniture                                  |
| 40. Homemade Ice Cream            | 121. Go to a Festival  |
| 41. Play Night Games              | 122. Fireworks   |
| 42. Make Giant Bubbles            | 123. Visit a Historical Site                                     |
| 43. Lemonade Stand                | 124. Help a Stressed Mom   |
| 44. Go for a Picnic               | 125. Leave Nice Notes on Cars                                    |
| 45. Go to a Dollar Movie          | 126. Dry-Erase Faces   |
| 46. Mini Golfing                  | 127. Make a Movie/Commercial                                     |
| 47. Run in a Family Race          | 128. Nature Scavenger Hunt                                       |
| 48. Baseball Game                 | 129. Melt Ice Cubes on Pavement                                  |
| 49. Visit Grandparents            | 130. Play a Trick  |
| 50. Make a Bike Wash              | 131. Learn to play the Ukelele                                   |
| 51. Bike Ride                     | 132. Play Tetherball   |
| 52. Have a Dance Party            | 133. Run Through Sprinklers                                      |
| 53. Girls Camping Trip            | 134. Bean Bag Toss   |
| 54. Visit a Beach                 | 135. Family Sing-along   |
| 56. Update a Room                 | 136. Make Jell-O Jigglers  |
| 57. Homemade Twister              | 137. Make Flat Stanleys  |
| 58. Paper Airplane Contest        | 138. Go Fishing  |
| 59. Mom/Daughter Make-overs       | 139. Teddybear Picnic  |
| 60. Berry Picking                 | 140. Sand Volleyball   |
| 61. Make Hair Bows                | 141. Paint Sip-n-Slide in White                                  |
| 62. Jump Rope                     | 142. Make popsicles  |
| 63. Sock Bubbles                  | 143. Plant Something   |
| 64. Bake & Decorate a Cake        | 144. Take a Day Trip   |
| 65. Bake Mini Pies                | 145. Go to a Garage Sale   |
| 66. Sponge Ball War               | 146. Play Hide-n-Seek  |
| 67. Glowing Bubbles               | 147. Learn a Dance   |
| 68. Water Balloon Fight           | 148. Try a new Recipe  |
| 69. Pudding Paint                 | 149. Make a Craft from Pinterest                                 |
| 70. Homemade Fruit Leather        | 150. Family Movie Night  |
| 70. Make Bouncy Balls             | 151. Bug Collecting  |
| 71. Marshmallow Fight             | 152. Watch Funny Youtube Vids                                    |
| 72. Kid's Service Project         | 153. Go Rollerskating/Blading                                    |
| 73. Visit a Splash Pad            | 154. Shaving Cream Fight   |
| 74. Make Homemade Waterguns       | 155. Plant an Herb Garden  |
| 75. Make Paper Guitars            | 156. Demolition Derby  |
| 76. Fly a Kite                    | 157. Rodeo   |
| 77. Grateful Journals             | 158. Go Back to School Shopping                                  |
| 78. Make Dandelion Necklaces      | 159. Make Suckers  |
| 79. Make Chore Charts             | 160. Go to a Carnival  |
| 80. Stitching Cards               |  |

# 45 Funny Questions to ask Kids.

- What is something I always say to you?
- How old am I (adult)?
- What do I do for a job?
- What do you enjoy doing with me?
- If our pet could talk, what would it say?
- How does Mummy/Daddy laugh?
- What's your favorite food?
- What your favorite Restaurant?
- What is your favorite Nursery Rhyme?
- What is your favorite Color?
- What did you eat for lunch yesterday?
- Where do you want to go?
- Which is the best animal?
- What does a (duck, cow, chicken say)?
- What does Mummy do?
- What does Daddy do?
- What makes me (adult) sad?
- What makes me (adult) happy?
- What did you do today?
- How old are you?
- How old is Mom?
- How old is Dad?
- How old is Sister/Brother?
- What do you want to get your brother/sister?
- Tell me something that is gross?
- What's your dad's first name?
- What's Mom's first name?
- How are you doing today?
- How strong is your Dad?
- What is Dad's favorite food?
- What is Mom's favorite food?
- What time does your Mom wake up in the morning?
- How tall is your Mom?
- How much time does it take me to make dinner?
- What's the funniest word you know?
- What's your favorite nursery rhyme?
- Who's your friend?
- If you built a house when you grew up what would it look like?
- How many kids are you going to have when you get older?
- Where does (their fav animal) live?
- How is the weather like today?
- Do you like Grocery Shopping? (Why/Why Not)
- What do you like to do the most?
- How old is Grandma/Grandpa?
- What car are you going to drive when you grow older?

*Nested  
Blissfully*



## 50 RAINY DAY ACTIVITIES FOR KIDS!

1. Perform a puppet show
2. Make a magazine collage
3. Play a board game
4. Take a bubble bath
5. Have a dance party
6. Listen to an audio book
7. Make a paper chain
8. Make a blanket fort
9. Build a box car or boat
10. Bake a cake
11. Play dress up
12. Go the library
13. Play a card game
14. Blow bubbles
15. Do a jigsaw puzzle
16. Have a picnic indoors
17. Design a crown or superhero mask
18. Make up a game with a blown-up balloon
19. Build a house of cards
20. Make a scavenger hunt
21. Make a music video
22. Draw a picture
23. Make a Kleenex guitar or paper towel roll rain stick
24. Make & color paper airplanes
25. Make your own play dough
26. Make friendship bracelets
27. Make a hopscotch course out of bubble wrap
28. Learn to crochet
29. Play house
30. Watch a movie
31. Have a tea party
32. Make a carwash for toy cars
33. Make shadow puppets
34. Make marshmallow and toothpicks towers
35. Learn origami
36. Make Christmas tree ornaments
37. Play a computer game
38. Make a sundae or banana split
39. Finger paint
40. Play in puddles
41. Ball pit in an inflatable pool
42. Learn sign language
43. Play hide and seek
44. Build a shoebox city
45. Play charades
46. Scrap-booking
47. Make cards to send to a faraway friend
48. Bake and decorate sugar cookies
49. Write a story.
50. Tie-dye t-shirts.

# 50 FUN RAINY DAY ACTIVITIES FOR KIDS



1. Create a Town in a Cardboard Box
2. Build a Fort or Den
3. Visit the Library
4. Hold an Indoor Treasure Hunt
5. Make some Music
6. Tidy out the Playroom
7. Play board games
8. Make a home cinema
9. Make shadow shapes
10. Google "How to draw..."
11. Play cards
12. Do Some Baking
13. Create a Play/Show
14. Make Paper Aeroplanes
15. Write a Letter
16. Make a Family Magazine
17. Have a Read-a-thon
18. Decorate some Cupcakes
19. Have a tea-party/indoor picnic
20. Have a Lego-Building Contest
21. Have a Micro Treasure Hunt
22. Make a playlist and have a disco
23. Hold an Indoor Scavenger Hunt
24. Look at old Photos
25. Make a Collage
26. Make a Flippy Book
27. Play Dress Up
28. Make scrapbooks
29. Paint Faces
30. Get Crafty
31. Play Online Math Games
32. Go Camping Indoors
33. Create an Indoor Obstacle Course
34. Do Some Colouring
35. Have a Jigsaw afternoon
36. Make Jewellery
37. Make Sock Puppets
38. Make Play Dough
39. Make Tie-Dye Clothes
40. Make a Volcano in the Sink
41. Play Shop
42. Do some Marble Painting
43. Play Balloon Ping-Pong
44. Play Outdoor games, indoors!
45. Splash in Puddles
46. Measure Rainfall
47. Make Life Sized Drawings
48. Make Misfit Characters
49. Make Homemade Pizza
50. Make Chef's hats

