THE

Prepared Mom *Playbook*

PREPARE • CONNECT • CREATE • THRIVE



A PRACTICAL, FAMILY-FRIENDLY GUIDE TO BUILDING RESILIENCE, CONFIDENCE, AND CLOSER CONNECTIONS AT HOME

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Contents

Welcome 5

Prepared, not panicked 5

Part 1 · Family Preparedness 6

Shop your house first 6
Supply checklist: emergency 7
Supply checklist: creative 8
Water, food and storage 9
Medicine, health and home needs 10
Light, power and comfort 11
When the power goes out 12
Your family plan 13
Offline and satellite options 14

Part 2 · Connection & Routines 15

What to say, by age 15
Rhythm and activity system 16
Resets and screen-free fun 17

Part 3 · Partner & Caregiver Support 18

Share the load, rest up 18
Every kind of family 19

Part 4 · Activity Library 20–80

Activity index, 60 cards 20–80

Part 5 · Printables 81

Buy Only What's Missing 81
Emergency Contacts 82
Family Communication Plan 83
Family Mission Board 84
Activity Rotation Planner 85
Our Daily Rhythm 86
The Boredom Jar 87
Family Roles & Responsibilities 88
Family Skills Passport 89
Medication & Important Information 90
Learning Tracker 91
Your Seven-Day Starter Plan 92
Ten-Minute Daily Check-In 93

Helpful references 94

Prepared, not panicked 94



A NOTE FROM ME

Hi, I’m Andrea!

I’m a mom of two living in Connecticut.

Lately, there’s been a lot of talk about the unknown, and I know so many moms are feeling overwhelmed, anxious, and unsure of what to do with it all.

And while there’s plenty of fear-mongering going around, I wanted to focus on something a little different. Feeling prepared, not panicked.

Because the truth is, having a plan and a few things in place before we need them is never a bad idea. And I think we could all use a little more peace of mind these days.

I originally started putting this playbook together for myself and my family. But the more I worked on it, the more I thought, why not share it with other moms who might be feeling the same way?

So here it is. A little something from my family to yours, created with the hope that it helps you feel a little more confident, a little less overwhelmed, and a lot more prepared.

We’re all just doing our best to take care of the people we love.

You’ve got this, mama!
Love, Andrea



WELCOME

Prepared, not panicked

We can’t always control what’s happening around us, but we can be intentional about what happens within our homes.

1. **Start with what you have**
   This isn’t a prediction or a reason to be afraid. You don’t need a perfect house or expensive supplies. Begin with the free steps.

2. **Keep it simple**
   A few workable systems and a plan that fits your family are enough. Nothing has to be done in order, or all at once.

3. **Share the load**
   Preparedness is a family job. Invite every capable adult to own a piece of it, and share cleanup, meals and emotional care.

4. **Pick a few activities**
   Choose two or three that fit your children. Use the age adaptations and safety notes, especially with mixed-age siblings.

5. **Print what helps**
   Print only the worksheets you need, and keep a copy where you can reach it without internet or power.

Safety comes first.

Follow local emergency instructions first. Activities are optional. Warmth, shelter, water, medication, rest and safety come before projects. This guide is educational, not medical or emergency-services advice.

Shop your house first

Before buying anything, take 20 minutes to discover what you already have. You may be more prepared than you think.

Activity supplies

Paper, tape, crayons, cardboard, old magazines, puzzles, books, blocks, stuffed animals, and reusable containers.

Comfort supplies

Blankets, familiar toys, nightlights, sensory-friendly items, baby supplies, chargers, and quiet-space materials.

Practical supplies

Flashlights, batteries, power banks, safe water storage, manual can opener, first-aid kit, hygiene supplies, and necessary medications.

Offline entertainment

Downloaded books and music, local files, physical books, CDs, and a battery-powered player if you already have one.

Buy only what fills a genuine gap.

Prioritize essential safety needs over activity purchases. Store emergency items where adults can reach them, and hazardous items where children cannot.

Three levels of readiness

Today · free

Contacts, inventory, routines, offline activities. Print your contact sheet and charge devices.

About 3 days

Water, food, lighting, medicines, hygiene. Check local emergency guidance for your household.

Longer disruptions

Extra supplies, backup plans, and mutual support, based on your family's needs and space.

Emergency supplies

Walk through your home with a pencil. Check what you already have, mark what you need, and keep it all in one place. Essential safety needs come first.

Water and food

HAVE	NEED	
☐	☐	Drinking water (about 1 gal per person per day*)
☐	☐	Shelf-stable food everyone will eat
☐	☐	Manual can opener
☐	☐	Paper plates, cups and utensils
☐	☐	Snacks and comfort foods for kids
☐	☐	Small cooler for short outages

Medicine and first aid

HAVE	NEED	
☐	☐	Prescriptions and a printed medication list
☐	☐	Allergy plans and any epinephrine
☐	☐	First-aid kit, basics restocked
☐	☐	Hygiene and sanitation supplies
☐	☐	Thermometer

Baby and toddler

HAVE	NEED	
☐	☐	Diapers, wipes and rash cream
☐	☐	Formula, bottles and baby food
☐	☐	Comfort items and a nightlight
☐	☐	Extra clothes and blankets

Pets and accessibility

HAVE	NEED	
☐	☐	Pet food, water and medications
☐	☐	Leash, carrier and pet records
☐	☐	Mobility, hearing or vision aids and batteries
☐	☐	Sensory-friendly comfort items

Light and power

HAVE	NEED	
☐	☐	Flashlights
☐	☐	Headlamps
☐	☐	Spare batteries
☐	☐	Battery lantern
☐	☐	Charged power banks and short cables
☐	☐	Battery or hand-crank radio
☐	☐	Battery-operated CO detector

Warmth, hygiene and comfort

HAVE	NEED	
☐	☐	Blankets, layers and sleeping bags
☐	☐	Toilet paper, wipes and soap
☐	☐	Trash bags and cleaning supplies
☐	☐	Backup plan for heat or cooling

Papers and cash

HAVE	NEED	
☐	☐	Printed contacts and family plan
☐	☐	Copies of IDs, insurance, prescriptions
☐	☐	Cash in small bills, if feasible
☐	☐	Offline maps and documents on phones

*General guideline. Confirm current advice at ready.gov/kit and adjust for your household, climate and medical needs. Store emergency items where adults can reach them and hazardous items where children cannot.

Creative supplies

Almost everything for the 60 activity cards is already in your house or recycling bin. “Cards” shows how many activities use each item, so start with the most-used ones.

Paper and writing

HAVE	NEED		
☐	☐	Paper (plain or scrap)	49 cards
☐	☐	Pencils	30 cards
☐	☐	Crayons and markers	26 cards
☐	☐	Notebooks or notepads	12 cards
☐	☐	Envelopes	8 cards
☐	☐	Poster board or large paper	7 cards
☐	☐	Stickers	7 cards
☐	☐	Index cards or cardstock	5 cards
☐	☐	Sticky notes	5 cards
☐	☐	Clipboards or hardback books	3 cards

Sticking and cutting

HAVE	NEED		
☐	☐	Tape (painter’s or masking)	22 cards
☐	☐	Glue sticks	5 cards
☐	☐	Ruler or measuring tape	4 cards
☐	☐	String or yarn	3 cards
☐	☐	Scissors (adult use)	2 cards
☐	☐	Stapler (adult use)	2 cards

Building and recycling

HAVE	NEED		
☐	☐	Cardboard boxes and tubes	16 cards
☐	☐	Baskets, bins or bags	11 cards
☐	☐	Blankets or sheets	9 cards
☐	☐	Pillows or cushions	6 cards
☐	☐	Large blocks	4 cards
☐	☐	Plastic cups	4 cards
☐	☐	Craft sticks or straws	1 cards

Kitchen and household

HAVE	NEED		
☐	☐	Timer	6 cards
☐	☐	Jars or bowls	5 cards
☐	☐	Plates, napkins, towels	3 cards
☐	☐	Planned meal ingredients	2 cards
☐	☐	Measuring cups and spoons	1 cards
☐	☐	Magnifier	1 cards
☐	☐	Thermometer (indoor-outdoor)	1 cards

Pretend and play

HAVE	NEED		
☐	☐	Soft balls or rolled socks	5 cards
☐	☐	Printed family photos	5 cards
☐	☐	Stuffed animals or puppets	4 cards
☐	☐	Books	4 cards
☐	☐	Dress-up items and scarves	3 cards
☐	☐	Play or paper money	3 cards
☐	☐	Toy vehicles	2 cards

Nature and garden

HAVE	NEED		
☐	☐	Seeds	1 cards
☐	☐	Potting soil	1 cards
☐	☐	Small watering can or cup	1 cards
☐	☐	Containers with drainage	1 cards
☐	☐	Herbs or lemon peel for smell jars	1 cards

Offline media and tools

HAVE	NEED		
☐	☐	Phone or tablet with offline music	6 cards
☐	☐	Flashlight or lantern	4 cards
☐	☐	Compass, atlas or globe	2 cards
☐	☐	Blindfold or scarf (optional)	1 cards

Most used: paper (plain or scrap) (49), pencils (30), crayons and markers (26), tape (painter’s or masking) (22), cardboard boxes and tubes (16), notebooks or notepads (12). Keep small items like stickers and craft sticks away from babies and toddlers. Scissors, staplers and glue are adult-use.

Water, food and storage

Enough to drink, enough to eat, and food your family will actually enjoy. Check every box and you're set for the basics.

Water

- [ ] About one gallon per person per day, for several days
- [ ] Count drinking and basic hygiene needs
- [ ] Extra for babies, pets and hot weather
- [ ] Clean, sealed containers away from sunlight
- [ ] Follow local boil-water notices

Shelf-stable food

- [ ] Foods your family already likes and eats
- [ ] Items needing little or no cooking
- [ ] Manual can opener
- [ ] Paper plates, cups and utensils
- [ ] Snacks and comfort foods for kids

Baby and special diets

- [ ] Formula, bottles and baby food for several days
- [ ] Allergy-safe and medically necessary foods
- [ ] Familiar favorites for picky eaters
- [ ] Check dates and rotate every few months
- [ ] Never assume floodwater is safe

Safe food storage (CDC)

- [ ] Keep refrigerator and freezer doors closed
- [ ] Refrigerator: about 4 hours without power
- [ ] Full freezer 48 hours; half-full 24 hours
- [ ] Discard odd color, odor or texture. Never taste-test
- [ ] When in doubt, throw it out

Plan meals, not panic.

Buy one extra item each shopping trip and label it with the date. The water amount is a general guideline; confirm current advice at ready.gov/kit and adjust for your household.

Sources: CDC, Discarding Food After a Power Outage (cdc.gov) · see ready.gov/kit

Medicine, health and home needs

The things that are hardest to replace in a hurry. Keep them together in one easy-to-find place.

Medicine and first aid

- [ ] Prescriptions and a printed medication list
- [ ] Allergy plans and any epinephrine
- [ ] First-aid kit with basics restocked
- [ ] Ask your pharmacist about early refills
- [ ] Hygiene and sanitation supplies

Baby and toddler

- [ ] Diapers, wipes and rash cream
- [ ] Formula, bottles and baby food
- [ ] Familiar comfort items and a nightlight
- [ ] Extra clothes and blankets
- [ ] Follow labels and your doctor’s advice

Pets and accessibility

- [ ] Pet food, water and medications
- [ ] Leash, carrier and vaccination records
- [ ] Mobility, hearing or vision aids, plus spare batteries
- [ ] Ask providers about backup for medical equipment
- [ ] Sensory-friendly comfort items

Papers and cash

- [ ] Copies of IDs, insurance and prescriptions
- [ ] Cash in small bills, if feasible
- [ ] Printed contacts (see Printables)
- [ ] Copies stored in a waterproof bag
- [ ] Offline digital copies on your phone

Keep it all in one spot. A bin or bag near an exit keeps essentials together. Teach older children where it is and how to use the contact list.

Light, power and comfort

The small things that make a long evening feel manageable. Most of these are probably already in your house.

Lighting

- [ ] Flashlights where adults can find them in the dark
- [ ] Headlamps for hands-free tasks
- [ ] Spare batteries stored with each light
- [ ] Battery lantern for the main room
- [ ] Battery lights instead of candles

Power and charging

- [ ] Charged power banks and short cables
- [ ] Charge devices when storms are forecast
- [ ] Lower screen brightness to save battery
- [ ] Know where your breaker and shutoffs are
- [ ] Battery or hand-crank radio, if you have one

Warmth, hygiene and comfort

- [ ] Blankets, layers and sleeping bags
- [ ] Toilet paper, wipes and soap
- [ ] Trash bags and basic cleaning supplies
- [ ] A backup plan for heat or cooling
- [ ] Comfort items for each child

Staying in touch

- [ ] Printed contacts, with an out-of-area number
- [ ] Sign up for your area’s local alerts
- [ ] Text instead of calling to save battery
- [ ] Choose a daily family check-in time
- [ ] Keep a paper copy of key numbers

Shop your house first. Start with what you own. Buy only what fills a genuine gap, and put essential safety items ahead of activity supplies.



01 / FAMILY PREPAREDNESS

When the power goes out

Stay calm, stay warm, stay safe. Most outages are short, and a few simple habits make them easier.

1. **Check on everyone**
   Gather the family in a main room. Get flashlights and let children know the plan is simple and grown-ups are handling it.

2. **Use lights safely**
   Use battery flashlights or lanterns rather than candles. Keep lights where adults can find them in the dark.

3. **Keep fuel-burning devices outside**
   CDC: use portable generators and gas-powered equipment outside, at least 20 feet from doors, windows and vents. Never run one indoors or in a garage.

4. **Know the carbon monoxide risk**
   Carbon monoxide cannot be seen, smelled or heard. Keep a working battery-operated CO detector in your home.

5. **Protect your food**
   Keep refrigerator and freezer doors closed. Timing and discard rules are on the water, food and storage page.

6. **Follow local guidance**
   Check official local alerts and your utility. Stay away from downed power lines.

CO alarms matter. If an alarm sounds or anyone feels unwell, get everyone into fresh air and call emergency services. Follow your generator's manufacturer instructions.

Source: CDC, Prevent Carbon Monoxide Poisoning (cdc.gov)

Your family plan

A plan works best when it's written down and practiced once, calmly. Keep it short, kind and reassuring.

Print your contacts

Numbers, allergies, medications, local emergency numbers and an out-of-area contact. Keep a copy where adults can reach it.

Choose meeting places

Pick a safe spot inside for severe weather, one near home and one farther away. Walk to them together once.

Know your pickup plan

Review school and childcare pickup rules, and share who may pick up each child. Choose an out-of-area contact for check-ins.

Practice, calmly

Birth–2: adults lead. Ages 3–5: play it, like a flashlight hunt. Ages 6–8: learn name, address and a trusted number. Ages 9–12: take a role.

Keep it kind

Praise effort and revisit every few months. Never make a child feel responsible for keeping the family safe.

Write it down

Use the Emergency Contacts and Family Communication Plan printables. Keep personal information private and stored securely.

Calm builds confidence.

If a child seems more worried after practice, slow down and focus on connection. Seek professional support if distress is intense or lasting.

See: ready.gov/plan

Offline and satellite options

Many things still work without internet. A few quiet preparations now can make a disrupted day feel smooth.

Download maps

Save maps of your area for offline use. Test what actually opens with the internet off.

Save key documents

Keep digital and paper copies of important documents and contacts.

Load music and books

Download audiobooks, music and stories ahead of time so entertainment is ready.

Try low-tech radio

A battery-powered or hand-crank radio can bring local alerts if you own one.

Know your iPhone

Emergency SOS via satellite needs an iPhone 14 or later, a listed region such as the US or Canada, and a clear view of sky and horizon outdoors.

Check Apple's page

Apple says Emergency SOS is free for two years after activation. Other satellite features vary by model, software and region. See support.apple.com/101573.

Emergency use only.

Meant for when there is no mobile or Wi-Fi coverage and no other way to reach emergency services. Try normal calling first. Do not delay urgent help.

Source: Apple Support, Emergency SOS via satellite (support.apple.com/101573)



02 / EMOTIONAL CONNECTION

What to say, by age

Keep explanations honest, short and suited to your child’s stage. Reassure without promising what you can’t guarantee.

Birth – 2

“The lights are off for now. Let's snuggle and listen.”

“You’re safe in my arms. We’re okay.”

TRY Babies and toddlers need co-regulation, not explanations. Keep familiar routines, slow your breathing, offer a gentle sway.

Ages 3 – 5

“Something has changed in our day. The grown-ups are working on our plan.”

“It's okay to feel scared. Want a hug or a quiet minute?”

TRY Use concrete words and short sentences. Name what is staying the same, like snack, story and bedtime.

Ages 6 – 8

“Some services may not work as usual for a while. We have steps we can take.”

“Are we safe? Right now, yes. Here is what we're doing to stay safe.”

TRY Answer the question asked, not more. Give a small job, like choosing the flashlight spot or the first game.

Ages 9 – 12

“What have you heard so far? Let's check what's true.”

“That's a fair worry. Let's talk through what we can control.”

TRY Share verified facts, admit what’s uncertain, limit news together, then make a practical plan. Correct rumors without shaming.

We’re together.

“I don’t have every answer right now. We’re together, and we’ll figure out the next step.” If worry stays intense or affects daily life, seek professional support.

Rhythm and activity system

Use blocks, not rigid clocks. One active project, one place for supplies, one quick reset before moving on.

Morning and learning

Breakfast, a quick check-in, gentle movement, then read, build or experiment. Low-energy day: breakfast, ten minutes of connection, a read-aloud.

Create and choose

Offer a choice menu: Create, Move, Pretend, Connect or Quiet. Older children can choose independently. Rotate two or three activities across the week.

Midday and afternoon

Lunch, then rest or quiet time for everyone, including you. Go outside if it's safe, or try project time or indoor movement.

Evening wind-down

Dinner, cleanup and connection. Keep a simple, familiar bedtime routine, even when the rest of the day shifts.

Bin, zone, basket

Ready bin for the next activity, a project zone for multi-day projects, and a reset basket for a five-minute family tidy.

Stay within reach

Babies and toddlers need an adult beside them. Ages 3–5 need a nearby adult. Older children can work on their own while you stay close.

Learning, lightly.

Birth–2: no formal lessons. Ages 3–5: about 15–30 minutes. Ages 6–8: about 30–60. Ages 9–12: about 45–90. Break sessions up and follow each child.

Resets and screen-free fun

When voices rise or energy dips, a ten-minute reset helps everyone. When the power or Wi-Fi is out, low-tech play keeps everyone engaged.

Calm the body

- [ ] Slow breaths together: smell the flower, blow the candle
- [ ] Squeeze a pillow, then let go
- [ ] Wrap up in a blanket and dim the lights
- [ ] Quiet music or a story

Release the energy

- [ ] Pillow-fort build or wall push-ups
- [ ] Dance to one favorite song
- [ ] Animal walks across the room
- [ ] Race to tidy five things

Reconnect

- [ ] Sit close and read together
- [ ] Draw how your body feels
- [ ] Share one good moment from today
- [ ] Offer a hug, if wanted

Screen-free and offline

- [ ] Books, drawing, puzzles, cards and board games
- [ ] Download music and audiobooks, and test them offline
- [ ] Tell a chain story by flashlight, never candles
- [ ] Set up a shop, restaurant or camp-out
- [ ] Make a cozy quiet corner

Co-regulate first. A calm adult is the most helpful tool. Breathe, lower your voice, and connect before correcting. Take your own ten minutes when you can.



03 / PARTNER & CAREGIVER SUPPORT

Share the load, rest up

Preparedness is a family responsibility, not another invisible job for one person. Naming the work makes it easier to share.

1. **List the invisible work**
   Write down everything that keeps the household running: meals, supplies, appointments, comforting kids. Seeing it helps.

2. **Talk about what's fair**
   Look at the list together and decide what feels fair given each person's time and energy.

3. **Own it start to finish**
   Each adult takes full ownership of a task, from noticing to follow-through. Agree on the standard, then skip the reminders.

4. **Ten-minute daily check-in**
   Ask, "How are you really?" and "What would help tomorrow?" End with one good moment. Use the check-in printable.

5. **Protect off-duty time**
   When feasible, give each adult about 30 minutes of true off-duty time. If that's unrealistic, start with shorter breaks and trade coverage.

6. **Support the main caregiver**
   If one person carries most of the load, ask what they need, take a task completely and offer a break without being asked.

Rest doesn't need to be earned.

Breaks can be short: a shower, a quiet walk or ten minutes alone. Trade coverage with a trusted adult whenever you can.

Every kind of family

Families look many ways: one parent, two, grandparents, guardians, friends or chosen family. This playbook works for all of them.

Single parents

Ask a trusted person to own one specific task. Build in safe quiet time and a short daily check-in call with someone supportive.

Co-parents

Share the playbook across homes. Agree on a few routines, supplies and contacts so kids feel steady in both places.

Grandparents

Offer to host a project, read aloud or share a skill. Check the plan and medications list so everyone knows what to do.

Other support people

Friends, neighbors and chosen family can bring a meal, pick up supplies or take a scheduled call. Be specific about what helps.

Older children can help

Kids can set the table, choose a game or help a younger sibling find a book. These are small jobs, not childcare.

Adults stay responsible

Children should never be made responsible for caring for younger siblings. An adult is always the one in charge.

Ask for specific help. “Can you bring dinner Thursday?” works better than “Let me know if you need anything.” Clear requests are easy to say yes to.

60 activities to choose from

Choose two or three, not all of them. Every card has setup, steps, adaptations for birth through age 12, safety notes and a five-minute reset.

1 Family Mystery Agency 21
2 Family Restaurant 22
3 Cardboard Engineering Company 23
4 Family Radio Station 24
5 Neighborhood Design Challenge 25
6 Family Olympics 26
7 Family Museum 27
8 Secret Kindness Club 28
9 Family Escape Room 29
10 Family Documentary 30
11 Secret Society Headquarters 31
12 Invent-a-Game Studio 32
13 Great Toy Store Takeover 33
14 Design Studio Challenge 34
15 Chain Reaction Lab 35
16 Comic Book Publishing House 36
17 Sibling Production Company 37
18 Stuffed Animal Rescue Center 38
19 Sibling Treasure Exchange 39
20 Around-the-World Travel Agency 40
21 Quiet Retreat 41
22 Mystery Envelope Challenge 42
23 Family Supply Detective 43
24 No-Electricity Engineering Challenge 44
25 Family Budget Challenge 45
26 Kitchen Science Lab 46
27 Family Weather Station 47
28 Family Repair Café 48
29 Family Recipe Book 49
30 Mapmaker's Mission 50
31 Little Entrepreneurs Market 51
32 Family Food Garden 52
33 Family Newsroom 53
34 Family Skills Passport 54
35 Indoor Expedition Trail 55
36 Shadow Story Studio 56
37 The Sound Detective 57
38 The Five-Senses Field Notes 58
39 Window Nature Observatory 59
40 Sock Ball Target Lab 60
41 Backyard Micro-Safari 61
42 The Calm-Down Menu 62
43 The Indoor Delivery Service 63
44 Nature Color Laboratory 64
45 Family Story Dice 65
46 Memory Lane Night 66
47 Family Time-Capsule Studio 67
48 Compliment Post Office 68
49 The Family Talent Festival 69
50 The Gratitude Map 70
51 The Family Debate Café 71
52 The Five-Star Home Spa 72
53 Family Photo Storyboard 73
54 The Good-News Jar 74
55 The Two-Person Team Challenge 75
56 Family Night-Sky Stories 76
57 Build-a-Community Helpers Hub 77
58 The Family Decision Lab 78
59 Home Library Curators 79
60 The Family Joy Calendar 80



FAMILY ACTIVITY 01

45–90 min; multi-day

Family Mystery Agency

A harmless household mystery is afoot, and your family agents must follow three clues to crack the case.

You'll Need

- [ ] Envelopes
- [ ] Paper and pencil
- [ ] Sticky notes
- [ ] A small "missing" item (a stuffed toy works)

How to Play

1. Read the case file aloud: what is missing and who needs your help.
2. Open the first envelope and follow the clue to the next hiding spot.
3. Collect all three clues and decide together where the object is.
4. Reveal the final discovery and write a short case report.

PARENT SETUP Pick the missing object and three safe hiding spots. Write or draw one clue per spot (10 minutes).

AGE ADAPTATIONS

Birth – 2

Sit with a baby and explore one large picture clue together. Name what you see and let them pat the page while you hold it.

Ages 3 – 5

Follow big picture clues with a grown-up beside you. Cheer each find and point to the next clue together.

Ages 6 – 8

Solve short riddles and a simple letter-swap code. An adult can help read tricky clues.

Ages 9 – 12

Plan a branching mystery with a suspect list and red herrings, then run the case for the family and reflect on which clues worked.

SAFETY & SUPERVISION

Keep clues in safe, reachable places away from hazards. Never lock doors or hide items in closed spaces.

KEEP IT GOING

Let children write the next case.

FIVE-MINUTE RESET

Gather clues into the project bin, return the stuffed toy, and save favorite case files in an envelope.



FAMILY ACTIVITY 02

60–120 min

Family Restaurant

Open a one-night restaurant with its own name, menu, jobs and guests, using a meal you were already making.

You'll Need

- [ ] Paper and markers
- [ ] Plates and napkins
- [ ] Your planned dinner ingredients
- [ ] A small notepad for orders
- [ ] An apron or dish towel

How to Play

1. Name the restaurant and hand out jobs: host, server, chef's helper, cashier.
2. Design and decorate the menu with two or three choices.
3. Greet guests, take orders and serve with restaurant manners.
4. Share the meal and give the staff a round of applause.

PARENT SETUP Decide tonight's menu from your regular meal. Set the table and fold a few paper menus (15 minutes).

AGE ADAPTATIONS

Birth – 2

Set out a large unbreakable bowl and soft spoon at the high chair. Offer tastes of safe family foods while you narrate the "menu."

Ages 3 – 5

Decorate menus, seat guests and carry napkins. Adults handle hot food, plates and anything sharp.

Ages 6 – 8

Write orders, measure ingredients with a grown-up, and add up a pretend bill.

Ages 9 – 12

Plan portions, set prices, map the kitchen workflow and manage the dining room, with an adult handling heat and knives.

SAFETY & SUPERVISION

Adults handle heat, knives and food safety. Check allergies before offering any taste to young children.

KEEP IT GOING

Rotate themes weekly.

FIVE-MINUTE RESET

Clear and wash dishes together, wipe the table, and file the menu in the project bin for the next theme night.



FAMILY ACTIVITY 03

45–90 min; multi-day

Cardboard Engineering Company

Sketch, build and test a ball ramp or cardboard bridge, then improve one feature after every test.

You'll Need

- [ ] Cardboard boxes and tubes
- [ ] Masking or painter tape
- [ ] A large lightweight ball
- [ ] Paper and pencil
- [ ] Ruler or measuring tape

How to Play

1. Sketch a ramp or bridge and name your company.
2. Build the first version with tape, boxes and tubes.
3. Test it with the ball or a toy car and note what happened.
4. Change one feature, test again and compare the results.

PARENT SETUP Flatten and sort boxes, and pre-cut any cardboard yourself (10 minutes). Set a safe floor area.

AGE ADAPTATIONS

Birth – 2

Stack a few large empty boxes with a grown-up, then knock them down together. Let the baby crawl through a wide open box.

Ages 3 – 5

Make simple towers and ramps with supervision. Roll a big ball down and celebrate each try.

Ages 6 – 8

Build a working ball track and predict how far the ball will roll before each test.

Ages 9 – 12

Measure and compare designs, keep a test log and meet design limits such as using only two boxes.

SAFETY & SUPERVISION

Adults do all cutting. Use only large pieces so nothing small can be mouthed by younger children.

KEEP IT GOING

Add new design constraints each day.

FIVE-MINUTE RESET

Flatten boxes for recycling, keep the best parts in a build bin, and keep sketches in the company folder.



FAMILY ACTIVITY 04

30–60 min

Family Radio Station

Plan and perform a family radio show full of jokes, interviews, weather and stories.

You'll Need

- [ ] Paper and pencil
- [ ] A pretend microphone (a spoon or paper roll)
- [ ] A timer
- [ ] Optional offline music

How to Play

1. Name the station and choose a host and guest for today.
2. Write or plan three segments: a joke, a weather report and a story.
3. Go "on air" and perform each segment with sound effects.
4. Sign off together and decide who hosts next time.

PARENT SETUP Pick a station name and jot a simple show order: intro, joke, weather, song (10 minutes).

AGE ADAPTATIONS

Birth – 2

Sing a short familiar song and play a gentle sound game, like shaking a soft cloth. Keep it brief and face to face.

Ages 3 – 5

Make animal sound effects, introduce guests and sing along. Keep each segment very short.

Ages 6 – 8

Write a short script and interview a family member with three questions.

Ages 9 – 12

Produce segments, plan an episode schedule and edit the show order for pacing.

SAFETY & SUPERVISION
Keep volume comfortable for little ears. Ask before sharing anyone's private stories.

KEEP IT GOING
Host a weekly family broadcast.

FIVE-MINUTE RESET
Return the microphone prop to the project bin and tuck scripts into a "show notes" folder.



FAMILY ACTIVITY 05

45–90 min; multi-day

Neighborhood Design Challenge

Draw a town map, build homes, parks and services, and hold a town meeting to add something new.

You'll Need

- [ ] Large paper
- [ ] Blocks or small boxes
- [ ] Toy vehicles
- [ ] Markers
- [ ] Painter tape for roads

How to Play

1. Draw a map and decide what your town needs: homes, park, school, fire station.
2. Build each place with blocks and boxes.
3. Hold a town meeting and vote on one new feature.
4. Add the feature and give a tour of the finished neighborhood.

PARENT SETUP Tape a few road lines on the floor or table and lay out supplies (10 minutes).

AGE ADAPTATIONS

Birth – 2

Sit near the town and play with large soft blocks. Roll a big toy car along the road for your baby to watch.

Ages 3 – 5

Decorate buildings and drive vehicles along the roads. Keep play in a clear zone with an adult close.

Ages 6 – 8

Map the town, add street signs and label what each place does.

Ages 9 – 12

Plan a town budget and community rules, then debate and vote on a new project.

SAFETY & SUPERVISION

Keep small toy pieces away from toddlers. Leave walkways clear around the build area.

KEEP IT GOING

Expand one neighborhood each day.

FIVE-MINUTE RESET

Photograph the town, then sort blocks and vehicles into bins. Roll the map for next time.



FAMILY ACTIVITY 06

30–90 min

Family Olympics

Invent five safe challenges, indoor or outdoor, and keep score on a medal chart.

You'll Need

- [ ] Soft balls or rolled socks
- [ ] A laundry basket
- [ ] Painter tape
- [ ] Paper and pencil
- [ ] Stickers or paper medals

How to Play

1. Choose five events and name them, like Sock Toss or Bear Crawl.
2. Hold an opening ceremony and walk the course once.
3. Compete in each event and record every score.
4. Award medals for effort, teamwork and style.

PARENT SETUP Clear a safe space and pick five events with a simple scorecard (15 minutes).

AGE ADAPTATIONS

Birth – 2

Roll a soft ball back and forth on the floor, or enjoy tummy-time races with a caregiver cheering beside the baby.

Ages 3 – 5

Try gentle tosses, animal walks and balancing on a taped line, with an adult close by.

Ages 6 – 8

Design an event, set the rules and keep the scorecard fair.

Ages 9 – 12

Run the tournament, calculate totals and decide how to make the events fair for every age.

SAFETY & SUPERVISION
Clear obstacles and floors of slipping hazards. No climbing on furniture or anything high.

KEEP IT GOING
Create a new event each day.

FIVE-MINUTE RESET
Return balls to the basket, peel up tape, and post the scorecard on the family board.



FAMILY ACTIVITY 07

60–120 min; multi-day

Family Museum

Curate a pop-up museum of family memories, inventions or collections and lead guided tours.

You'll Need

- [ ] Paper for labels
- [ ] Tape
- [ ] Drawings and artwork
- [ ] Safe objects from around the house
- [ ] Small table or shelf

How to Play

1. Pick a theme: family history, inventions or a collection.
2. Select items and give each an exhibit label.
3. Arrange the exhibits and make tickets.
4. Lead tours and invite visitors to ask questions.

PARENT SETUP Choose a display spot and set out a few safe items to start (10 minutes). Set aside valuables.

AGE ADAPTATIONS

Birth – 2

Show a baby a few large familiar photos at eye level. Name the people and let them touch a soft frame or board book.

Ages 3 – 5

Pick favorite items, make picture labels and hold up a "ticket."

Ages 6 – 8

Write short descriptions for each exhibit and make paper tickets.

Ages 9 – 12

Research a family story, write exhibit text and lead a guided tour with questions.

SAFETY & SUPERVISION

Ask permission before handling valuable or fragile items. Keep exhibits off the floor near toddlers.

KEEP IT GOING

Rotate exhibits each week.

FIVE-MINUTE RESET

Return items to their homes, store labels in an envelope and keep the best pieces for the next show.



FAMILY ACTIVITY 08

20–40 min

Secret Kindness Club

Draw a kindness mission from the jar, carry it out quietly and share what you noticed at dinner.

You'll Need

- [ ] Slips of paper
- [ ] A jar or bowl
- [ ] Envelopes
- [ ] Pencils or crayons
- [ ] Paper for notes

How to Play

1. Meet as a club and pick a secret club name.
2. Each member draws one mission from the jar.
3. Complete it quietly during the day, like leaving a note or tidying a space.
4. Share what you noticed at dinner.

PARENT SETUP Write 8–10 simple kindness ideas on slips and fold them into the jar (10 minutes).

AGE ADAPTATIONS

Birth – 2

With a caregiver, hand a drawing to a family member and give a big smile or hug. Narrate: "You gave a gift!"

Ages 3 – 5

Draw a kind picture or help tidy a shared space with a grown-up beside you.

Ages 6 – 8

Write short notes and finish small tasks like setting the table for someone.

Ages 9 – 12

Design thoughtful missions for each family member and reflect on how it felt to give.

SAFETY & SUPERVISION

Keep missions safe and respectful. No one has to share private feelings at dinner.

KEEP IT GOING

Keep a kindness wall.

FIVE-MINUTE RESET

Refill the jar with new ideas and tape favorite notes on the kindness wall.



FAMILY ACTIVITY 09

45–75 min

Family Escape Room

Solve four puzzles in order to uncover a final surprise, with every door open the whole time.

You'll Need

- [ ] Paper and pencil
- [ ] Envelopes
- [ ] A small prize or treat
- [ ] Index cards
- [ ] A timer

How to Play

1. Read the story aloud and set the timer together.
2. Solve four puzzles, each giving the next clue.
3. Combine the answers to find the final surprise.
4. Celebrate together and talk about which puzzle was trickiest.

PARENT SETUP Draft four simple puzzles and hide the final prize in a clear, safe spot (15–20 minutes).

AGE ADAPTATIONS

Birth – 2

Share large picture cards with a baby, pointing to colors and animals together. No timer for this age.

Ages 3 – 5

Follow a simple picture hunt, with an adult reading each clue.

Ages 6 – 8

Solve number and word clues, working as a team.

Ages 9 – 12

Create layered logic puzzles for others and run the game as the designer.

SAFETY & SUPERVISION
Never lock, block or obstruct any door or exit. Keep every puzzle in safe, open spaces.

KEEP IT GOING
Swap roles as game designer.

FIVE-MINUTE RESET
Collect all puzzle cards in the project bin and save the best for a future room.



FAMILY ACTIVITY 10

30–60 min; multi-day

Family Documentary

Interview relatives about childhood memories and assemble them into a family storybook.

You'll Need

- [ ] Notebook
- [ ] Printed family photos
- [ ] Pencils
- [ ] Optional audio recorder or phone
- [ ] Glue or tape

How to Play

1. Pick a topic like "when you were my age."
2. Interview a relative with prepared questions.
3. Write or draw each memory with a caption.
4. Assemble the pages into a family storybook.

PARENT SETUP Choose one relative to interview and write 5 simple questions (15 minutes). Ask permission first.

AGE ADAPTATIONS

Birth – 2

Look at photos together and hear familiar stories. Name each person and let the baby pat the page.

Ages 3 – 5

Draw a portrait of the relative and ask one question.

Ages 6 – 8

Record answers, write captions and help put pages in order.

Ages 9 – 12

Edit interviews into chapters, choose photos and design a cover.

SAFETY & SUPERVISION

Ask consent before recording or sharing any interview. Keep private stories within the family.

KEEP IT GOING

Add recipes, family traditions and memories.

FIVE-MINUTE RESET

Return photos to their place, save the notebook and store any recordings in one folder.



FAMILY ACTIVITY 11

45–90 min

Secret Society Headquarters

Create a club with a name, rules, a secret handshake and a weekly mission.

You'll Need

- [ ] Paper and markers
- [ ] Blankets
- [ ] A notebook
- [ ] Cardstock for badges
- [ ] Painter tape

How to Play

1. Choose a club name and write three rules.
2. Invent a secret handshake and password.
3. Make badges and a sign for the headquarters.
4. Hold your first meeting and pick a mission.

PARENT SETUP Choose a corner or table for HQ and drape a blanket for a clubhouse (10 minutes).

AGE ADAPTATIONS

Birth – 2

Share a short greeting ritual, like a wave and a song, with a caregiver beside the baby.

Ages 3 – 5

Decorate a club sign and learn the handshake, with an adult close by.

Ages 6 – 8

Write rules, take meeting notes and make badges.

Ages 9 – 12

Plan events, run meetings and write a club newsletter.

SAFETY & SUPERVISION
Keep forts well ventilated with clear exits. Adults stay with babies and toddlers.

KEEP IT GOING
Launch a club newsletter.

FIVE-MINUTE RESET
Fold the blankets, store the notebook and badges in the HQ box, and put the sign away.



FAMILY ACTIVITY 12

60–120 min

Invent-a-Game Studio

Design a board game with a goal, rules and a surprise, then playtest and revise it.

You'll Need

- [ ] Cardboard or poster board
- [ ] Markers
- [ ] Large foam or cardboard die
- [ ] Large game pieces (cardboard discs or wooden blocks)
- [ ] Index cards

How to Play

1. Brainstorm a theme and goal for the game.
2. Draw the board and write simple rules.
3. Playtest and note what works and what is confusing.
4. Revise the rules and host the family game launch.

PARENT SETUP Cut the game board from cardboard and make large game pieces from cardboard (15 minutes).

AGE ADAPTATIONS

Birth – 2

Sort big soft blocks or colorful cloths into piles with a caregiver. Nothing small, no loose parts.

Ages 3 – 5

Make a simple matching or path game and play together, with an adult helping.

Ages 6 – 8

Design a path game and explain the rules to another player.

Ages 9 – 12

Balance strategy and luck, run playtests and revise based on feedback.

SAFETY & SUPERVISION
Keep small pieces away from young children. Use large tokens and put everything away after play.

KEEP IT GOING
Host a family game launch.

FIVE-MINUTE RESET
Store pieces in a labeled box and file the rulebook with the game board.



FAMILY ACTIVITY 13

45–90 min

Great Toy Store Takeover

Open a pretend toy store using toys you already own, with displays, advertising and customers.

You'll Need

- [ ] Existing toys
- [ ] Baskets
- [ ] Paper price tags
- [ ] Play money or paper
- [ ] Markers

How to Play

1. Name the store and choose roles: manager, cashier, shopper.
2. Sort toys into displays and write price tags.
3. Open the store and practice buying and selling.
4. Count the "money" and announce a sale.

PARENT SETUP Choose a store corner and group toys into baskets (10 minutes).

AGE ADAPTATIONS

Birth – 2

Offer a basket of large safe toys to explore with you. Hold each toy and name it as the "shopkeeper."

Ages 3 – 5

Sort toys by color or type and set up a display, with an adult nearby.

Ages 6 – 8

Write price tags and add up totals for each customer.

Ages 9 – 12

Create a marketing plan, set a budget and handle customer service, delivery and returns.

SAFETY & SUPERVISION
Keep aisles and exits clear. Choose toys that are age-safe for the youngest children.

KEEP IT GOING
Add delivery and customer service roles.

FIVE-MINUTE RESET
Return every toy to its home, clear the store sign and stash price tags in an envelope.



FAMILY ACTIVITY 14

45–90 min

Design Studio Challenge

A pretend client needs a tiny bedroom, toy or outfit, so design a solution that fits their brief.

You'll Need

- [ ] Paper and pencils
- [ ] Cardboard
- [ ] Fabric scraps
- [ ] Tape
- [ ] Glue stick

How to Play

1. Read the client's brief and ask what they need.
2. Sketch two ideas and choose one.
3. Build a quick prototype from cardboard and fabric.
4. Present your design and explain your choices.

PARENT SETUP Write a one-line client brief, like "a cozy bedroom for a tiny bear" (5 minutes).

AGE ADAPTATIONS

Birth – 2

Let a baby touch large, safe fabric swatches with you. Name textures like soft and bumpy while you hold them.

Ages 3 – 5

Draw or build a simple idea with an adult nearby.

Ages 6 – 8

Create sketches and a prototype, then adjust it based on the client's feedback.

Ages 9 – 12

Present design choices and trade-offs, then collect designs in a portfolio.

SAFETY & SUPERVISION
Adults supervise all cutting and keep small craft materials away from young children.

KEEP IT GOING
Collect a portfolio of designs.

FIVE-MINUTE RESET
Sort fabric and cardboard scraps into bins and tuck finished designs into the portfolio.



FAMILY ACTIVITY 15

30–75 min

Chain Reaction Lab

Build a chain reaction with at least five connected steps and test it until it works.

You'll Need

- [ ] Blocks
- [ ] Cardboard ramps
- [ ] Large balls
- [ ] Tape
- [ ] A toy car

How to Play

1. Plan five connected steps with a quick sketch.
2. Build the chain with ramps, blocks and balls.
3. Test it and watch where it stops.
4. Adjust one step and test again.

PARENT SETUP Clear a table or floor area and gather safe objects (10 minutes).

AGE ADAPTATIONS

Birth – 2

Push a large soft block over with a caregiver. Let the baby watch it fall and clap together.

Ages 3 – 5

Make a short block tumble: push one, watch the rest fall.

Ages 6 – 8

Create ramps and link steps, noticing what each step does.

Ages 9 – 12

Measure consistency across tries and refine the design until it works three times in a row.

SAFETY & SUPERVISION
Skip small dominoes, which are choking hazards. Keep the area clear and supervised.

KEEP IT GOING
Combine siblings' designs.

FIVE-MINUTE RESET
Dismantle the chain by step and return pieces to bins. Photograph the best run.



FAMILY ACTIVITY 16

45–90 min; multi-day

Comic Book Publishing House

Create a character, plan the panels, draw an episode and publish a series.

You'll Need

- [ ] Paper
- [ ] Colored pencils
- [ ] A folder
- [ ] Ruler
- [ ] Blank comic panels (optional)

How to Play

1. Invent a character and give them a power or problem.
2. Plan four to six panels with a beginning, middle and end.
3. Draw and write the episode.
4. Publish and read it to the family.

PARENT SETUP Fold or rule a few pages into panels (10 minutes). Staple later yourself.

AGE ADAPTATIONS

Birth – 2

Look at a simple picture book together and point at the pictures as you narrate the story.

Ages 3 – 5

Draw a character and tell the story aloud while an adult writes it down.

Ages 6 – 8

Write dialogue in speech bubbles and plan simple panels.

Ages 9 – 12

Build story arcs across issues and edit with a partner.

SAFETY & SUPERVISION
Adults handle stapling. Keep sharp tools out of reach.

KEEP IT GOING
Release a new issue each week.

FIVE-MINUTE RESET
Pencils go back in the cup, finished issues in the folder, and the next episode is sketched on a sticky note.



FAMILY ACTIVITY 17

45–90 min

Sibling Production Company

Plan a short puppet or stuffed-animal show, with shared roles for every sibling.

You'll Need

- [ ] Puppets or stuffed animals
- [ ] A cardboard box stage
- [ ] A cloth backdrop
- [ ] Paper for props and tickets

How to Play

1. Choose a story and divide jobs: director, puppeteer, sound, ticket-taker.
2. Rehearse a short scene or two.
3. Perform the show for the family.
4. Take a bow and plan the next episode.

PARENT SETUP Set up a stage with a box or table and drape cloth (10 minutes).

AGE ADAPTATIONS

Birth – 2

Watch a two-minute puppet show with a caregiver. Hold the puppet close and use a gentle voice.

Ages 3 – 5

Choose a puppet, make a sound effect and join in a simple scene.

Ages 6 – 8

Write scenes, build simple props and rehearse together.

Ages 9 – 12

Direct rehearsals, produce a printed program and give feedback.

SAFETY & SUPERVISION

Older siblings are collaborators, not babysitters. Adults stay with babies and toddlers.

KEEP IT GOING

Create a series of shows.

FIVE-MINUTE RESET

Put puppets in their basket, fold the backdrop and file the script.



FAMILY ACTIVITY 18

30–75 min

Stuffed Animal Rescue Center

Open a pretend animal clinic with check-in, care plans and adoption day.

You'll Need

- [ ] Stuffed animals
- [ ] Blankets
- [ ] Paper charts
- [ ] Pencils
- [ ] Toy stethoscope or cardboard tube

How to Play

1. Name the rescue center and set up animal beds.
2. Check in each animal and record a care plan.
3. Give pretend checkups and cozy up with blankets.
4. Hold an adoption day and send each animal home.

PARENT SETUP Set up beds from blankets and place a table for check-in (10 minutes).

AGE ADAPTATIONS

Birth – 2

Offer a large, soft stuffed animal for a baby to cuddle and "rock to sleep" with you.

Ages 3 – 5

Set up beds and do pretend checkups, with an adult close.

Ages 6 – 8

Write care charts and intake forms for each animal.

Ages 9 – 12

Manage pretend schedules and records and plan an adoption event.

SAFETY & SUPERVISION
Use pretend supplies only, never real medicine or sharp tools.

KEEP IT GOING
Host an adoption day.

FIVE-MINUTE RESET
Tuck animals back into their beds, wash any blankets and file the charts.



FAMILY ACTIVITY 19

30–60 min

Sibling Treasure Exchange

Each child designs a treasure hunt for another person, using only approved hiding zones.

You'll Need

- [ ] Paper for maps
- [ ] Envelopes
- [ ] Safe objects to find
- [ ] Pencils
- [ ] Painter tape to mark zones

How to Play

1. Pick a partner and agree on the zones.
2. Hide a safe treasure and draw a map or write clues.
3. Swap and follow each other's trails.
4. Share the treasures and trade your favorite finds.

PARENT SETUP Choose approved hiding zones and tape their boundaries (10 minutes).

AGE ADAPTATIONS

Birth – 2

Hide a visible soft toy in plain view and let your baby "find" it from your arms. Celebrate together.

Ages 3 – 5

Follow two picture clues with an adult beside you.

Ages 6 – 8

Create a map and short riddles for a partner.

Ages 9 – 12

Design multi-step trails, test them and handle themed hunts.

SAFETY & SUPERVISION
Hide only in approved zones. Nothing in appliances, cars or unsafe spaces.

KEEP IT GOING
Try themed hunts.

FIVE-MINUTE RESET
Collect clues in an envelope, return treasures to their places and store maps in the folder.



FAMILY ACTIVITY 20

45–90 min; multi-day

Around-the-World Travel Agency

Plan a pretend family trip with a passport, brochures and activities for each day.

You'll Need

- [ ] Paper
- [ ] An atlas or globe
- [ ] Old magazines
- [ ] Scissors (adult use)
- [ ] Stapler or tape (adult use)

How to Play

1. Pick a destination and name your agency.
2. Research places to visit and make a brochure.
3. Create a passport and a simple trip plan.
4. Take the pretend trip and share what you "saw."

PARENT SETUP Set out atlases and magazines and clear a travel "desk" (10 minutes).

AGE ADAPTATIONS

Birth – 2

Look at large, colorful picture books of places together. Point out animals, food and landscapes.

Ages 3 – 5

Choose destinations from photos and draw a postcard with an adult.

Ages 6 – 8

Draw maps, plan daily activities and decorate a passport.

Ages 9 – 12

Build a realistic itinerary and travel budget, and plan a destination-themed family night.

SAFETY & SUPERVISION

Respect cultures and avoid stereotypes. Adults handle scissors, staplers and any hot food.

KEEP IT GOING

Host a destination-themed family night.

FIVE-MINUTE RESET

Shelve atlases, stash brochures in the agency folder and store the passport for the next trip.



FAMILY ACTIVITY 21

15–45 min

Quiet Retreat

Set up a cozy personal nook with two or three calm choices and zero performance expectations.

You'll Need

- [ ] Floor cushion or folded blanket
- [ ] Two or three books
- [ ] Paper and crayons
- [ ] A favorite comfort object
- [ ] Soft nightlight or lantern

How to Play

1. Show each child the nook and what they can choose there.
2. Let them pick a book, drawing, or simply resting.
3. Set a gentle timer, or let the child decide when they're ready.
4. Check in with a hug or quiet word, not a quiz.

PARENT SETUP Pick a quiet corner away from foot traffic and arrange the cushion and choices within reach. Takes about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Settle on a lap in the nook with soft songs, a familiar blanket and slow cuddles. You stay close the whole time.

Ages 3 – 5

Choose a picture book or a drawing activity. Stay within sight and join for the first few minutes.

Ages 6 – 8

Read, journal or doodle on their own in the nook, with you nearby. Let them decide how long.

Ages 9 – 12

Build a personal rest menu: music, stretching, writing or reading. Reflect on what helps them reset best.

SAFETY & SUPERVISION
Never use the nook as a punishment. Keep young children within sight and hearing at all times.

KEEP IT GOING
Refresh the choices weekly so the nook stays inviting.

FIVE-MINUTE RESET
Fold the blanket, return books to the shelf and tuck the nook supplies into one basket.



FAMILY ACTIVITY 22

20–45 min

Mystery Envelope Challenge

Open a sealed challenge envelope, then invent a holiday, solve a design problem or create a story.

You'll Need

- [ ] Plain envelopes
- [ ] Paper and pencils
- [ ] Prewritten prompt cards
- [ ] Crayons or markers
- [ ] A timer (optional)

How to Play

1. Lay the envelopes out and let each child choose one.
2. Read the challenge aloud together and talk about ideas.
3. Draw, write or build a response using materials at hand.
4. Share creations like a show-and-tell, celebrating each idea.

PARENT SETUP Write 4–6 prompts on cards (like "Design a chair for a giant") and seal each in an envelope. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Explore one large picture prompt together, like a bright photo or drawing, naming and pointing as you talk. Adult holds the paper.

Ages 3 – 5

Open a picture-based challenge, such as "Draw a home for a cloud." Help read it and offer simple choices.

Ages 6 – 8

Write and draw a solution to a prompt, like a holiday for pets. Ask "what happens first?" to guide planning.

Ages 9 – 12

Develop a detailed proposal or a cardboard prototype. Add a short explanation of why it works and what they'd change.

SAFETY & SUPERVISION

Use only age-safe materials. Keep scissors and tape for older children, and keep paper scraps away from babies.

KEEP IT GOING

Kids write envelopes for one another or for the grown-ups.

FIVE-MINUTE RESET

Gather used envelopes into a prompt box and save favorite creations on the family board.



FAMILY ACTIVITY 23

20–40 min

Family Supply Detective

Count and organize safe everyday supplies, then flag anything running low on the shopping list.

You'll Need

- [ ] Clipboard or notebook
- [ ] Pencil
- [ ] Inventory sheet
- [ ] Pantry items (unopened)
- [ ] Reusable bags or bins

How to Play

1. Pick one shelf or cupboard to investigate together.
2. Sort items into categories like food, hygiene and activity supplies.
3. Count each group and write the numbers on the sheet.
4. Circle anything low and add it to the buy-only-what's-missing list.

PARENT SETUP Pull out a handful of safe pantry and household items and print the supply inventory page. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Sort large soft items, like washcloths or plush toys, into a basket with you. Name each one and say "one, two!"

Ages 3 – 5

Match picture cards to items and count to five. Give each child their own small basket to fill.

Ages 6 – 8

Record quantities and sort items into categories on the sheet. Ask them to spot which categories have the most.

Ages 9 – 12

Estimate how long supplies will last, build their own inventory sheet and suggest a plan for what to restock first.

SAFETY & SUPERVISION
Adults handle medication, cleaning chemicals and heavy items. Keep children out of high shelves.

KEEP IT GOING
Repeat weekly and rotate roles, like counter, recorder and checker.

FIVE-MINUTE RESET
Return every item to its original spot, put the sheet on the fridge and share the "low" list with the household.



FAMILY ACTIVITY 24

30–75 min

No-Electricity Engineering Challenge

Invent a gravity-powered, wind-powered or hand-powered model that works without any electrical parts.

You'll Need

- [ ] Cardboard pieces
- [ ] Masking tape
- [ ] Paper
- [ ] String or yarn
- [ ] Cardboard tube or books for a ramp

How to Play

1. Choose a power source: gravity, wind or hand-power.
2. Sketch a quick plan, then build with cardboard, tape and paper.
3. Test it and notice what works and what doesn't.
4. Change one thing and test again, then show it to the family.

PARENT SETUP Set out the materials on a table and prop one ramp against a book as an example. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Play with large push-and-pull toys or a safe rolling ball on a mat. You guide each movement and narrate: "roll, stop, go!"

Ages 3 – 5

Make paper fans with you, then feel the wind they make. Try rolling a soft ball down a cardboard slope.

Ages 6 – 8

Build a ramp or hand-powered model. Test two ramp angles and say which one rolls farther.

Ages 9 – 12

Measure distance or time for each design, record results and redesign to improve. Explain what changed and why.

SAFETY & SUPERVISION

Never experiment with household wiring, outlets or generators. Keep string away from babies and toddlers.

KEEP IT GOING

Keep an invention journal with sketches, results and improvements.

FIVE-MINUTE RESET

Flatten leftover cardboard for recycling and keep your best model on a shelf for the next round.



FAMILY ACTIVITY 25

30–60 min

Family Budget Challenge

Plan a pretend dinner or party within a fixed budget, then explain every choice.

You'll Need

- [ ] Pretend money (paper bills)
- [ ] Paper price list
- [ ] Pencil
- [ ] Grocery flyers or drawn menus
- [ ] Calculator (optional)

How to Play

1. Announce the event and the budget, like $30 for a pizza night.
2. Look at the price list and choose items together.
3. Add up the total and adjust if it goes over budget.
4. Present the plan and share why each item was chosen.

PARENT SETUP Write a simple price list for 8–10 foods or party items and set a pretend budget. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Sort large pretend foods or soft picture cards into "dinner" and "dessert" baskets with you. Name each food as you go.

Ages 3 – 5

Count to five and match food pictures to a plate. Use two or three choices only.

Ages 6 – 8

Add prices within a small budget and use whole-dollar amounts. Talk about swapping an item when the total goes over.

Ages 9 – 12

Compare unit costs, weigh tradeoffs, and justify choices. Reflect on what they would change with half the budget.

SAFETY & SUPERVISION
Keep real coins away from babies and toddlers. Use paper money only with young children.

KEEP IT GOING
Change the budget or the scenario, like a picnic or a birthday.

FIVE-MINUTE RESET
Collect the pretend money into an envelope and file the price list in the activity bin.



FAMILY ACTIVITY 26

20–45 min

Kitchen Science Lab

Predict, test and record what floats, sinks or soaks up water using safe household items.

You'll Need

- [ ] Shallow tub or large bowl of water
- [ ] Plastic cups
- [ ] Large safe objects (spoon, sponge, cork)
- [ ] Paper towels
- [ ] Notebook and pencil

How to Play

1. Pick an object and say what you think will happen.
2. Place it in the water and watch.
3. Record float, sink or soak on a simple chart.
4. Try another object and compare results.

PARENT SETUP Set a towel on the floor or a tray on the table and gather large objects. Takes about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Splash gently in a shallow tub with a sponge and a cup, with you holding and watching. Narrate: "splash, soak, drip."

Ages 3 – 5

Predict "float or sink?" for large objects and sort them into two piles. Close adult supervision at the water.

Ages 6 – 8

Write what they saw and compare it to their prediction. Ask what might change the result.

Ages 9 – 12

Test one variable at a time, such as size versus material. Record results in a table and write a conclusion.

SAFETY & SUPERVISION

Constant adult supervision around any amount of water. No chemical mixing, and keep objects too big to swallow.

KEEP IT GOING

Build a science journal with predictions, drawings and results.

FIVE-MINUTE RESET

Pour water into the sink or a plant, dry objects and wipe the tray. Pat the floor with a towel.



FAMILY ACTIVITY 27

10–20 min daily

Family Weather Station

Observe safe weather conditions and keep a daily record that shows patterns over time.

You'll Need

- [ ] Notebook or chart
- [ ] Weather symbol stickers or drawings
- [ ] Indoor-outdoor thermometer
- [ ] Pencil
- [ ] Window view

How to Play

1. Look outside together at the same time each day.
2. Note sky, temperature and wind on the chart.
3. Add a weather symbol and a short description.
4. Check the forecast and compare it with what you observed.

PARENT SETUP Tape a weekly chart to the wall near a window and place a thermometer where it can be read safely. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Look out a window in your arms, naming what you see: "sun," "clouds," "rain." Feel the cool glass gently if it is safe.

Ages 3 – 5

Choose a weather symbol sticker for the day and stick it on the chart. Practice words like windy and cloudy.

Ages 6 – 8

Track temperatures and build a bar chart over a week. Spot the warmest and coolest days.

Ages 9 – 12

Calculate daily averages, discuss trends and compare predictions to results. Write a one-paragraph weekly forecast.

SAFETY & SUPERVISION

Stay indoors during severe weather and follow local emergency guidance. Observe only from safe windows.

KEEP IT GOING

Create a short weekly weather report to read aloud at dinner.

FIVE-MINUTE RESET

Collect symbols and stickers into the notebook and start a fresh chart page each week.



FAMILY ACTIVITY 28

30–60 min

Family Repair Café

Practice caring for belongings through simple fabric repairs, sorting and mending.

You'll Need

- [ ] Fabric scraps
- [ ] Large lacing cards
- [ ] Clothing to mend (button or hem)
- [ ] Child-safe plastic needle and yarn
- [ ] Fabric glue (adult use)

How to Play

1. Look over each item and decide if it can be fixed.
2. Choose the right fix: sew, patch, glue or reshape.
3. Work in pairs, with an adult always supervising.
4. Admire the finished repairs and put them to use.

PARENT SETUP Set up a "repair bench" on a clean table and pre-sort items into repair, donate and keep piles. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Match large soft fabric squares by color or feel with you. Stay close and keep needles, buttons and scissors out of reach.

Ages 3 – 5

Sort clothes into piles and thread large lacing cards with you right next to them. Use only blunt, child-safe tools.

Ages 6 – 8

Practice simple stitches with plastic needles on burlap or felt, with close supervision. Celebrate a neat row of stitches.

Ages 9 – 12

Sew a button and patch a small tear with guidance. Reflect on which skill felt easy and which needs more practice.

SAFETY & SUPERVISION

Lock up needles, scissors and buttons when done. No electrical repairs and no sharp tools without adult help.

KEEP IT GOING

Hold a monthly repair day to mend, patch and care for belongings together.

FIVE-MINUTE RESET

Count every needle, store sewing supplies in a closed box and bag finished repairs to return to their owners.



FAMILY ACTIVITY 29

30–60 min; multi-day

Family Recipe Book

Collect favorite meals, family stories and age-appropriate cooking steps in one treasured book.

You'll Need

- [ ] Notebook or binder
- [ ] Family recipes
- [ ] Measuring cups and spoons
- [ ] Pencils and colored pens
- [ ] Photo or drawing paper

How to Play

1. Choose a recipe and ask who taught it to the family.
2. Write the ingredients and steps on a fresh page.
3. Decorate with a drawing or photo and add a story.
4. Make the recipe together when you can, then rate it.

PARENT SETUP Pick one favorite family recipe to start and set out the notebook and measuring tools. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Name ingredients as you hold them, smelling a safe one like an orange peel together. Adult handles all food prep and tasting.

Ages 3 – 5

Draw the ingredients and help measure with large cups. Taste-test only foods you know are safe.

Ages 6 – 8

Write the steps and assemble a no-cook food like trail mix or a sandwich. Number each step clearly.

Ages 9 – 12

Scale a recipe up or down, plan portions for the family and write a cooking-time note. Reflect on what to change next time.

SAFETY & SUPERVISION
Adults manage heat, knives, allergies and hygiene. Wash hands first and double-check ingredients for allergens.

KEEP IT GOING
Add one recipe a week to build a full book.

FIVE-MINUTE RESET
Wash and dry measuring tools, wipe the counter and file the recipe page in the book.



FAMILY ACTIVITY 30

30–60 min

Mapmaker's Mission

Draw a map of a room or yard, add landmarks and practice giving clear directions.

You'll Need

- [ ] Large paper
- [ ] Crayons or markers
- [ ] Ruler
- [ ] Compass or phone compass (adult)
- [ ] Sticky notes

How to Play

1. Walk through the space and name the landmarks.
2. Sketch the outline, then add each landmark.
3. Add a key and mark where to go in an emergency.
4. Give directions for a friend or family member to follow.

PARENT SETUP Choose a safe room or fenced yard and tape a big sheet of paper to a table. Takes about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Practice "near" and "far" by carrying the baby from one side of the room to the other, then back. Narrate each move.

Ages 3 – 5

Draw a simple picture map of one room with a big arrow to a favorite spot. Point to landmarks together.

Ages 6 – 8

Make a floor plan with doors, windows and furniture. Add a start and an X for treasure.

Ages 9 – 12

Add a scale and compass directions, then mark two exits and a meeting spot. Test it by guiding a family member along the route using only the map.

SAFETY & SUPERVISION

Adults approve emergency exits and family meeting points. Keep every path clear and no blocked doors.

KEEP IT GOING

Turn maps into safe scavenger hunts around the house.

FIVE-MINUTE RESET

Roll up maps, file them in the emergency binder if useful, and put pencils back.



FAMILY ACTIVITY 31

45–90 min; multi-day

Little Entrepreneurs Market

Invent a business, craft products, write signs and host a pretend marketplace for the family.

You'll Need

- [ ] Paper and markers
- [ ] Pretend money
- [ ] Craft supplies (large pieces only)
- [ ] Cardboard for a stall
- [ ] Small bags or boxes

How to Play

1. Brainstorm a business, like a bakery or bookshop.
2. Create products and price tags.
3. Open the market and take turns being shoppers.
4. Count the pretend earnings and talk about what sold best.

PARENT SETUP Set up a table as a market stall and gather craft materials. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Pretend-shop with large safe objects, like a wooden spoon and soft fruit. Hold the baby and say, "One apple, please!"

Ages 3 – 5

Make a simple sign and trade pretend goods. Offer only one or two choices at a time.

Ages 6 – 8

Price products and calculate totals with small numbers. Practice giving change with pretend coins.

Ages 9 – 12

Create a budget and marketing plan, including costs and profit. Reflect on what they'd do differently next time.

SAFETY & SUPERVISION

No small craft items, beads or pretend coins around toddlers. Adult supervises all shopping and handling of money.

KEEP IT GOING

Hold a weekly market with new businesses each time.

FIVE-MINUTE RESET

Sort goods into bins, store the stall materials flat and save signs for the next market.



FAMILY ACTIVITY 32

20–40 min; ongoing

Family Food Garden

Plant a small herb or vegetable garden in containers, record growth and care for it together.

You'll Need

- [ ] Seeds
- [ ] Potting soil
- [ ] Safe containers with drainage
- [ ] Small watering can or cup
- [ ] Notebook

How to Play

1. Pick a plant and read the seed packet instructions.
2. Scoop soil, plant the seeds and water gently.
3. Label each container and place it in the light.
4. Check and water on a schedule and note growth in the notebook.

PARENT SETUP Choose a sunny windowsill or outdoor spot and fill containers with soil ahead of time. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Touch a leaf and smell a safe herb with you. Keep soil, seeds and water out of the mouth and supervise closely.

Ages 3 – 5

Help scoop soil and water with a small cup. Wash hands afterward.

Ages 6 – 8

Track growth with a ruler and draw a chart each week. Predict how tall it will be next week.

Ages 9 – 12

Compare conditions like sun and shade, then plan the harvest. Reflect on what worked and why.

SAFETY & SUPERVISION
Avoid toxic plants and treated seeds. Keep soil, fertilizer and tools away from babies, and wash hands after.

KEEP IT GOING
Add plant-care roles so each person has a job.

FIVE-MINUTE RESET
Wipe the tray, rinse tools and return seed packets to a labeled bin.



FAMILY ACTIVITY 33

30–60 min weekly

Family Newsroom

Publish a positive family newspaper with interviews, drawings and helpful updates.

You'll Need

- [ ] Paper
- [ ] Pens and markers
- [ ] Family photos (copies)
- [ ] Glue stick
- [ ] Stapler (adult use)

How to Play

1. Decide on this week's headline stories.
2. Interview family members and take short notes.
3. Write, draw and paste stories onto pages.
4. Publish and read the newspaper aloud together.

PARENT SETUP Fold a few sheets into a newspaper and decide on sections like headlines and weather. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Contribute a picture with a caregiver-written caption. You hold the baby and describe it.

Ages 3 – 5

Dictate captions to you and illustrate a story. Choose from two simple ideas.

Ages 6 – 8

Write short articles of two or three sentences. Ask a family member a question to include.

Ages 9 – 12

Edit, lay out and fact-check stories, then reflect on how to make the next edition stronger.

SAFETY & SUPERVISION
Do not publish private information, like addresses or schedules, without permission. Keep staplers with adults.

KEEP IT GOING
Compile each edition in an archive binder.

FIVE-MINUTE RESET
Store the finished edition in the archive and clear scrap paper and markers.



FAMILY ACTIVITY 34

10–30 min; ongoing

Family Skills Passport

Choose a useful skill to practice, stamp it in a passport and celebrate progress without competition.

You'll Need

- [ ] Small notebook as a passport
- [ ] Stickers or stamps
- [ ] Skills list
- [ ] Pencil
- [ ] Basket for practice supplies

How to Play

1. Pick one skill for this week's practice.
2. Break it into two or three small steps.
3. Practice together, repeating the steps.
4. Add a sticker or stamp when it feels solid.

PARENT SETUP List 8–10 age-appropriate skills and make a passport page for each person. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Celebrate putting one toy in a basket with your help. Clap and say, "You did it!"

Ages 3 – 5

Practice dressing and tidying with short, playful steps. Choose one skill at a time.

Ages 6 – 8

Prepare a simple snack and learn family phone numbers. Check off each step.

Ages 9 – 12

Plan meals, do laundry and practice safe communication. Reflect on skills to teach a younger sibling.

SAFETY & SUPERVISION

Practice with support and no pressure. Skip unsafe tasks like using stoves or knives without an adult.

KEEP IT GOING

Add new skills each month and celebrate the whole family's growth.

FIVE-MINUTE RESET

Return practice supplies to the basket and put the passport where everyone can reach it.



FAMILY ACTIVITY 35

20–45 min

Indoor Expedition Trail

Turn your home into an adventure zone with a simple indoor route of balance, movement and puzzle stations.

You'll Need

- [ ] Painter tape and a few cushions
- [ ] Paper and markers for a map and station signs
- [ ] A flashlight or lantern, if you like
- [ ] A timer (optional)

How to Play

1. Pick a theme together, like a jungle trek or space mission, and clear a safe path on the floor.
2. Mark stations with painter tape: a balance line, a cushion hop, an animal walk, a puzzle to solve.
3. Travel the trail as a team, with an adult close to the youngest children.
4. Celebrate, then change the story tomorrow.

PARENT SETUP Choose a clear, open room and tape a rough route. Walk it once yourself (5 minutes).

AGE ADAPTATIONS

Birth – 2

Adult-led: crawl or be carried toward a caregiver along a clear, soft floor path.

Ages 3 – 5

Follow simple animal-movement stations with an adult close by.

Ages 6 – 8

Draw a map of the route, add a mission, and time each lap.

Ages 9 – 12

Design an inclusive route that works for every body and ability.

SAFETY & SUPERVISION

No elevated obstacles or blocked exits. Adults stay with babies and toddlers.

KEEP IT GOING

Change the story each day with new stations or characters.

FIVE-MINUTE RESET

Peel up tape, return cushions, and keep the map for the next expedition.



FAMILY ACTIVITY 36

30–60 min

Shadow Story Studio

Create shadow characters and perform a short story using a battery flashlight against a wall.

You'll Need

- [ ] Battery flashlight
- [ ] Paper shapes or cardboard cutouts
- [ ] Craft sticks or straws
- [ ] Blank wall or sheet
- [ ] Tape

How to Play

1. Cut or choose shadow characters.
2. Tape each to a stick.
3. Shine the light so shadows land on the wall.
4. Perform a short story and take a bow.

PARENT SETUP Dim the room, hang a sheet if you like, and cut out 4–6 large character shapes. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Watch gentle hand shadows on the wall from your lap. Keep the light low and away from the baby's eyes.

Ages 3 – 5

Move large puppet shapes with you and make animal sounds. Keep stories to three beats.

Ages 6 – 8

Write and perform a short scene with two characters. Practice a beginning, middle and end.

Ages 9 – 12

Experiment with distance and light to change shadow size, then direct a multi-scene show.

SAFETY & SUPERVISION
Avoid shining bright light into eyes. No candles or open flames. Keep batteries out of reach of young children.

KEEP IT GOING
Create a series of episodes with recurring characters.

FIVE-MINUTE RESET
Switch off the light, store shapes in an envelope and return the flashlight to its spot.



FAMILY ACTIVITY 37

15–35 min

The Sound Detective

Guess sounds made by everyday objects and build a family sound library.

You'll Need

- [ ] Safe household objects (spoon, paper, cup)
- [ ] Cardboard box to hide objects
- [ ] Paper and pencil
- [ ] Blanket for a sound booth
- [ ] Recorder or phone (optional)

How to Play

1. One person makes a sound from behind the blanket.
2. Everyone guesses what made the sound.
3. Reveal the object and talk about what made it unique.
4. Swap roles and record favorites in the sound library.

PARENT SETUP Gather 6–8 safe items and set up a hiding spot behind a blanket. Takes about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Listen to gentle familiar sounds, like a soft shaker or rustling paper, in your arms. Keep volumes low.

Ages 3 – 5

Match a sound to an object with two or three choices. Take turns making sounds.

Ages 6 – 8

Create a sound-identification quiz with a score sheet. Make a clue for each sound.

Ages 9 – 12

Classify sounds by pitch, rhythm and material, and chart the results. Explain why each sound differs.

SAFETY & SUPERVISION

Avoid loud sounds near ears and small objects around babies and toddlers. Adults supervise every round.

KEEP IT GOING

Record sounds offline and keep a family sound library.

FIVE-MINUTE RESET

Return objects to their drawers, fold the blanket and save the sound list in the activity bin.



FAMILY ACTIVITY 38

20–40 min

The Five-Senses Field Notes

Explore and describe sensory details around the home using the senses you choose.

You'll Need

- [ ] Notebook
- [ ] Pencil or crayons
- [ ] Safe household textures (fabric, sponge)
- [ ] Smell jars (herbs, lemon peel)
- [ ] Blindfold or scarf (optional)

How to Play

1. Choose a sense and a spot in the house.
2. Notice and describe three things you sense.
3. Write or draw them in the field notes.
4. Compare notes and see what the family noticed differently.

PARENT SETUP Gather a handful of safe textures and set up a notebook page with five sense columns. Takes about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Touch safe textures, like a soft blanket and a smooth spoon, with you narrating. Watch for baby's cues and stop if upset.

Ages 3 – 5

Describe smooth versus rough and soft versus hard, with you close by. Choose two textures to compare.

Ages 6 – 8

Record observations and make comparisons, like loud versus quiet. Add a sketch for each sense.

Ages 9 – 12

Design an accessible sensory challenge for the family, adjusting for different sensitivities. Reflect on what surprised them.

SAFETY & SUPERVISION
Never force unpleasant sensations or taste unknown items. Keep smells mild and check for allergies first.

KEEP IT GOING
Create a family sensory map of the home.

FIVE-MINUTE RESET
Return textures and jars to their places and add the field notes to the notebook.



FAMILY ACTIVITY 39

15–30 min daily

Window Nature Observatory

Observe birds, clouds, shadows or leaves from a safe indoor window spot.

You'll Need

- [ ] Notebook
- [ ] Pencils
- [ ] Window with a view
- [ ] Bird or cloud guide (optional)
- [ ] Cushion or small stool

How to Play

1. Settle in at the window and look quietly for one minute.
2. Note one thing you see, like a bird or a cloud.
3. Draw or write it in the notebook.
4. Return tomorrow and look for changes.

PARENT SETUP Pick a safe window and place a cushion beside it. Keep latches closed. Takes about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Hold your baby at the window and name what you see: "bird," "tree," "cloud." Stay close and keep hands off the glass.

Ages 3 – 5

Draw one daily observation with crayons. Say what you see in a short sentence.

Ages 6 – 8

Keep a tally of birds or cloud shapes and compare patterns across days.

Ages 9 – 12

Make a field guide and form hypotheses about changes. Reflect on what you learned after a week.

SAFETY & SUPERVISION

Do not lean out windows or approach wildlife. Keep window latches closed and children supervised nearby.

KEEP IT GOING

Create a month-long nature journal with daily entries.

FIVE-MINUTE RESET

Close the notebook, return the cushion and note one thing to watch tomorrow.



FAMILY ACTIVITY 40

20–45 min

Sock Ball Target Lab

Create adjustable target games and test different throwing distances with soft rolled socks.

You'll Need

- [ ] Rolled socks
- [ ] Laundry baskets or boxes
- [ ] Painter tape
- [ ] Paper for scores
- [ ] Measuring tape or string

How to Play

1. Tape a starting line and place the target.
2. Throw the sock ball and see if it lands in.
3. Move the line farther or closer and try again.
4. Keep score and decide on a winning goal as a team.

PARENT SETUP Roll socks into balls, set baskets at different spots and clear the area. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Roll a soft sock ball back and forth with you on the floor. Keep it gentle and close.

Ages 3 – 5

Toss into a nearby basket and celebrate every try. Move the basket closer if needed.

Ages 6 – 8

Measure distances with string and score points. Compare which distance was hardest.

Ages 9 – 12

Design fair scoring for different abilities, like bonus points for further throws. Reflect on how to make the game fair for everyone.

SAFETY & SUPERVISION

Use soft objects only and clear the space of furniture. Keep sock balls away from faces and babies' mouths.

KEEP IT GOING

Build a family league with weekly tournaments.

FIVE-MINUTE RESET

Gather sock balls into a basket, peel up tape and tuck the score sheet into the bin.



FAMILY ACTIVITY 41

20–60 min

Backyard Micro-Safari

Become wildlife watchers and look closely at plants, tracks and tiny creatures, then leave everything exactly where you found it.

You'll Need

- [ ] Paper
- [ ] Pencils or crayons
- [ ] Clipboard or hardback book
- [ ] Magnifier (optional)
- [ ] Water bottle

How to Play

1. Choose a safari zone and agree on the 'look, don't touch' rule.
2. Walk slowly and quietly, pausing to spot plants, tracks, holes and insects.
3. Sketch or tally each sighting on your safari sheet.
4. Share your best find and where you think it lives.

PARENT SETUP Check the outdoor spot for hazards and pick a safe patch of yard, balcony or park. Allow 5 minutes to gather supplies.

AGE ADAPTATIONS

Birth – 2

Hold your baby or sit on a blanket in the shade. Point out leaves, birds and breezes, and describe what you see in a soft voice.

Ages 3 – 5

Go on a color-and-shape hunt: find something green, something round, something bumpy. Stay within arm's reach of an adult.

Ages 6 – 8

Sketch one habitat and tally sightings. Compare which spot had the most life and guess why.

Ages 9 – 12

Build a field guide page for each sighting and sketch a simple food-web map. Note the weather and time for each visit.

SAFETY & SUPERVISION
Go outdoors only when conditions are safe. Check for ticks afterward and never touch unknown plants or wildlife.

KEEP IT GOING
Repeat the safari in a new season and compare notes.

FIVE-MINUTE RESET
Shake out blankets, wash hands, and tuck sketches into the safari folder.



FAMILY ACTIVITY 42

10–20 min

The Calm-Down Menu

Build a personal menu of calming tools, from movement and breathing to quiet and cuddles, so help is easy to find on tough days.

You'll Need

- [ ] Paper or cardstock
- [ ] Crayons or markers
- [ ] Pillow or soft blanket
- [ ] Cozy corner
- [ ] Optional soft toy

How to Play

1. Talk about how big feelings show up in our bodies.
2. Brainstorm tools: breathing, stretching, quiet time, squeezing a pillow, a hug.
3. Draw or write each favorite tool on the menu.
4. Post the menu somewhere low and practice one tool together.

PARENT SETUP Make this when everyone is calm, never mid-meltdown. Pick a cozy spot and set out paper and markers, about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Sway, hum and offer your familiar comfort. Your calm voice and close contact are the tool; babies learn to settle by settling with you.

Ages 3 – 5

Offer two picture choices, like a hug or a cozy blanket. Let your child point and practice it together with you.

Ages 6 – 8

Name where feelings show up in the body, then pick a tool for each. Practice one when calm.

Ages 9 – 12

Write a personal coping plan: warning signs, favorite tools, and who to ask for help. Revise it as things change.

SAFETY & SUPERVISION
Never use restraint or force sensory input. Offer, don't insist, and let children skip a tool they dislike.

KEEP IT GOING
Revisit the menu after a calm day and update what works.

FIVE-MINUTE RESET
Fold the menu into its spot, tidy the cozy corner, and refill any comfort items.



FAMILY ACTIVITY 43

30–60 min

The Indoor Delivery Service

Open a pretend mail-and-parcel service and carry safe deliveries between rooms like the busiest carriers in town.

You'll Need

- [ ] Envelopes
- [ ] Paper for labels and signs
- [ ] Baskets or tote bags
- [ ] Painter tape
- [ ] Soft items to deliver

How to Play

1. Assign jobs: sorter, driver, and receiver at each address.
2. Write or draw addresses on envelopes and parcels.
3. Load baskets and deliver along your route, knocking at each door.
4. Swap jobs and run a second route with surprise deliveries.

PARENT SETUP Label each room with a paper 'address' and set a clear delivery route. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Place a soft cloth in your baby's hands or lap, then carry it together toward a familiar person to hand it over.

Ages 3 – 5

Match picture addresses, such as a kitchen photo, to the right room. Walk alongside your child and keep deliveries light.

Ages 6 – 8

Read labels, sort mail by room, and plan the fastest route. Count deliveries and check them off.

Ages 9 – 12

Manage inventory, time the route and improve it. Create a delivery log and a price list for fun.

SAFETY & SUPERVISION

Keep packages light and avoid carrying heavy loads or rushing on stairs. Adults stay with younger children throughout.

KEEP IT GOING

Add secret kindness deliveries, like a drawing for someone.

FIVE-MINUTE RESET

Return baskets to their shelf, collect leftover mail, and pull down room signs.



FAMILY ACTIVITY 44

20–45 min

Nature Color Laboratory

Mix up a palette from leaves, bark and petals you spot, then turn what you find into patterns and designs.

You'll Need

- [ ] Paper
- [ ] Crayons
- [ ] Clipboard
- [ ] Paper bag or basket
- [ ] Tape

How to Play

1. Look around and pick colors you notice in nature.
2. Collect safe fallen leaves or petals, or just observe them.
3. Make rubbings by placing paper over leaves and coloring on top.
4. Arrange swatches and rubbings into a palette poster.

PARENT SETUP Choose a safe outdoor or window spot. Pick a color-chip strip of paper so children can match, about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Hold large, safe leaves together and let your baby feel them. Name the colors and keep everything out of mouths.

Ages 3 – 5

Match crayon colors to leaves held up beside the paper. Keep an adult nearby for every collection.

Ages 6 – 8

Make leaf rubbings and sort them by shape and pattern. Label each group with your own category names.

Ages 9 – 12

Design a nature-inspired collection, like a pattern, bookmark or card set, using your palette.

SAFETY & SUPERVISION
Never handle unknown berries, mushrooms or poisonous plants. Collect only fallen items, and wash hands afterward.

KEEP IT GOING
Collect a new palette each season and compare.

FIVE-MINUTE RESET
Return leaves to the yard, recycle scraps, and file the palette poster.



FAMILY ACTIVITY 45

15–40 min

Family Story Dice

Roll up random characters, places and problems, then weave them into one wild story that everyone helps tell.

You'll Need

- [ ] Paper
- [ ] Marker
- [ ] Scissors (adult use)
- [ ] Large paper cubes or picture cards
- [ ] Tape

How to Play

1. Roll or draw one card from each pile.
2. Start the story with the character and place you rolled.
3. Take turns adding a sentence, weaving in the problem.
4. End the story together and give it a title.

PARENT SETUP Make three big cubes or card piles for characters, places and problems. Draw a simple picture on each side, about 15 minutes.

AGE ADAPTATIONS

Birth – 2

Sit close and point to large pictures while you narrate a short, silly story. Sing or use funny voices.

Ages 3 – 5

Pick a character card and act it out together. Keep the story short and follow your child's ideas.

Ages 6 – 8

Write a beginning, middle and end using the three cards. Read it aloud to the family.

Ages 9 – 12

Add plot twists, a secret second character or alternate endings. Edit the story into a polished draft.

SAFETY & SUPERVISION

Avoid tiny dice with young children and choose large, soft cubes. Keep roles playful and let anyone pass.

KEEP IT GOING

Collect your favorite stories in a family book.

FIVE-MINUTE RESET

Sort cards back into their piles, store cubes in a bin, and save any new story pages.



FAMILY ACTIVITY 46

30–60 min

Memory Lane Night

Gather for an evening of favorite memories and build a family timeline from the stories everyone shares.

You'll Need

- [ ] Printed photos
- [ ] Photo album or notebook
- [ ] Long paper strip
- [ ] Tape
- [ ] Tablet with offline music

How to Play

1. Give everyone a turn to choose a favorite memory.
2. Tell the story behind it while others listen.
3. Add each memory to the timeline in order.
4. Look at the timeline together and add captions.

PARENT SETUP Choose a handful of photos and tape a long paper strip across a table or wall. Set up music, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Look at familiar faces in sturdy photos with you. Name each person and smile, and offer a cuddle.

Ages 3 – 5

Pick a favorite moment from a few photos. Let your child draw or tell you about it.

Ages 6 – 8

Write captions for photos and put the events in the right order on the strip.

Ages 9 – 12

Interview a relative by phone or note, then build a themed timeline and add dates.

SAFETY & SUPERVISION

Let anyone skip a hard memory and don't push stories people want to leave out. Hold photos gently.

KEEP IT GOING

Repeat the night with a new theme, like holidays or a decade.

FIVE-MINUTE RESET

Return photos to their envelope, roll up the timeline, and store everything safely.



FAMILY ACTIVITY 47

45–75 min

Family Time-Capsule Studio

Collect predictions, notes and drawings to seal in a box and open together on a future date.

You'll Need

- [ ] Sturdy box with a lid
- [ ] Paper
- [ ] Pens and crayons
- [ ] Envelopes
- [ ] Tape and labels

How to Play

1. Decide what the box will hold and when you'll open it.
2. Each person makes a drawing, note or prediction.
3. Add a few safe keepsakes and a list of favorites.
4. Seal and label the capsule and put it somewhere safe.

PARENT SETUP Pick a box and choose an opening date. Gather a few small keepsakes in advance, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Make a safe handprint or footprint page with baby-safe, nontoxic paint, then add a tiny note from you.

Ages 3 – 5

Draw a favorite thing and tell you what it is. Add a drawing and your child's height on paper.

Ages 6 – 8

Write a letter to your future self about what you love and what you hope for.

Ages 9 – 12

Create a future-predictions page, such as where you'll be, what you'll like, and what will change.

SAFETY & SUPERVISION

Store the capsule where it won't be damaged and leave out sharp or fragile keepsakes. Keep small items away from babies.

KEEP IT GOING

Plan an opening ceremony with snacks and a countdown.

FIVE-MINUTE RESET

Wipe down paint or marker spots, put supplies away, and add the capsule date to your calendar.



FAMILY ACTIVITY 48

20–40 min

Compliment Post Office

Open a private home post office for kind notes, thank-yous and invitations.

You'll Need

- [ ] Paper
- [ ] Envelopes
- [ ] Crayons or markers
- [ ] Shoe boxes or paper bags as mailboxes
- [ ] Stickers (for stamps)

How to Play

1. Make and label a mailbox for each family member.
2. Write or draw kind notes and drop them in mailboxes.
3. Choose a mail carrier to deliver the mail.
4. Open your mail together or in private and share a smile.

PARENT SETUP Set up a mailbox for each person and decorate them with names, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Hand your baby a picture to give to another person while you help deliver it.

Ages 3 – 5

Draw a note and match it to the name on a mailbox. An adult helps sort and deliver.

Ages 6 – 8

Write letters, design stamps, and sort mail into the right boxes.

Ages 9 – 12

Organize delivery routes, run the post office, or publish a family newsletter.

SAFETY & SUPERVISION

Respect privacy: notes are for the person named. Don't pressure anyone to share affection or write to someone.

KEEP IT GOING

Hold a weekly mail delivery day.

FIVE-MINUTE RESET

Empty mailboxes, recycle used envelopes, and restock paper and stickers.



FAMILY ACTIVITY 49

45–90 min; multi-day

The Family Talent Festival

Plan a family festival with songs, dances, art displays and a welcoming audience cheering every act.

You'll Need

- [ ] Paper for programs
- [ ] Scarves or simple props
- [ ] Chairs or cushions
- [ ] Art to display
- [ ] Tablet for music (optional)

How to Play

1. Each person chooses a talent or act to share.
2. Rehearse and make a program listing every act.
3. Set up the stage and the audience seating.
4. Perform, cheer, and finish with a family bow.

PARENT SETUP Pick a date, set up a performance corner and seating. Gather props, about 15 minutes.

AGE ADAPTATIONS

Birth – 2

Join a short song with you holding your baby and swaying to the beat. Keep it gentle and brief.

Ages 3 – 5

Do a short dance or puppet act with an adult nearby. Applause is the best part.

Ages 6 – 8

Plan rehearsals and write programs. Pick an order and help introduce the acts.

Ages 9 – 12

Coordinate the schedule and manage the stage, including lights, sound and set changes.

SAFETY & SUPERVISION
Participation is always optional. Skip risky stunts and keep the stage space clear of hazards.

KEEP IT GOING
Make it a monthly family tradition with a new theme.

FIVE-MINUTE RESET
Fold chairs, stack props in a bin, and save the program for next time.



FAMILY ACTIVITY 50

20–40 min

The Gratitude Map

Draw a map of the people, places and small things that help your family feel supported.

You'll Need

- [ ] Large paper
- [ ] Pencils
- [ ] Markers
- [ ] Stickers
- [ ] Tape

How to Play

1. Draw a simple outline of your home or town.
2. Add people, places and things that help or comfort you.
3. Connect them with paths or arrows.
4. Share one place on the map and why it matters.

PARENT SETUP Tape a large paper to a table or floor and set out markers, about 5 minutes.

AGE ADAPTATIONS

Birth – 2

Hold a favorite blanket or toy near the paper while you name your baby's comforts in a gentle voice.

Ages 3 – 5

Draw helpers and favorite places. An adult can write the labels.

Ages 6 – 8

Add short notes on why each place or person matters to you.

Ages 9 – 12

Identify your support network and ways to help others. Plan one thank-you.

SAFETY & SUPERVISION
Never imply children must feel grateful during hard times. Let them draw what is true.

KEEP IT GOING
Revisit and update the map when life changes.

FIVE-MINUTE RESET
Roll up the map, put markers away, and choose a place to display it.



FAMILY ACTIVITY 51

20–45 min

The Family Debate Café

Host a café where family members debate silly, low-stakes questions and practice listening and respectful disagreement.

You'll Need

- [ ] Paper topic cards
- [ ] Pencil
- [ ] Bowl or jar
- [ ] Two signs: Agree / Disagree
- [ ] Snacks or drinks

How to Play

1. Pick a topic card from the bowl.
2. Share your answer, listening first, then taking a side.
3. Explain your reasons and ask a question.
4. Switch sides or summarize what you heard.

PARENT SETUP Write 10 playful topics, such as 'Is a hot dog a sandwich?' Set up two sides of the room, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Take turns making sounds back and forth with your baby. Pause, smile and respond to coos or babbling.

Ages 3 – 5

Pick between two playful options, such as pancakes or waffles, and point to a side.

Ages 6 – 8

Explain a preference with at least one reason and listen to a different view.

Ages 9 – 12

Argue both sides of a topic and summarize others' views fairly before replying.

SAFETY & SUPERVISION
Avoid sensitive or distressing topics and forcing a child to speak. Keep it light and respectful.

KEEP IT GOING
Host a weekly café with a new topic each time.

FIVE-MINUTE RESET
Return cards to the bowl, put signs away, and clear snack dishes.



FAMILY ACTIVITY 52

20–50 min

The Five-Star Home Spa

Create a gentle at-home comfort ritual with soft music, warm socks, hand care and quiet rest.

You'll Need

- [ ] Soft towels
- [ ] Fragrance-free lotion if suitable
- [ ] Cozy socks
- [ ] Quiet music
- [ ] Blankets and pillows

How to Play

1. Make a 'spa menu' of calming options.
2. Pick two services, like hand care or a quiet story.
3. Offer each other gentle care with consent.
4. Finish with rest and music, then share how you feel.

PARENT SETUP Dim the lights, set out towels and warm socks, and queue calm music, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Offer gentle, familiar comfort like cuddling, soft singing or a warm blanket. Follow your baby's cues.

Ages 3 – 5

Run a stuffed-animal spa and give hand care to a favorite toy first. Ask before touching anyone.

Ages 6 – 8

Create a relaxation menu with pictures and prices. Practice asking permission and accepting a 'no thanks.'

Ages 9 – 12

Plan a calm, sensory-friendly space and run a spa session for the family.

SAFETY & SUPERVISION
Always ask consent before touch. Avoid allergens, hot water and strong scents. Keep towels away from babies' faces.

KEEP IT GOING
Make a regular reset night, such as the first Friday of the month.

FIVE-MINUTE RESET
Launder towels, put away lotion, and turn off the music.



FAMILY ACTIVITY 53

30–60 min

Family Photo Storyboard

Arrange pictures into a story and add captions, speech bubbles or a comic strip.

You'll Need

- [ ] Printed photos or drawings
- [ ] Paper or poster board
- [ ] Glue stick or tape
- [ ] Pencils
- [ ] Sticky notes

How to Play

1. Choose pictures that tell a simple story.
2. Put them in order on the paper.
3. Add captions, thought bubbles or speech bubbles.
4. Share your storyboard aloud as a family.

PARENT SETUP Select a handful of printed copies, not irreplaceable originals, and set out paper, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Look at sturdy pictures of familiar faces together. Name each person and let your baby pat the page.

Ages 3 – 5

Put two or three pictures in order and tell what happened first and next.

Ages 6 – 8

Write captions and dialogue for each picture, then read the story aloud.

Ages 9 – 12

Edit a themed visual story, choosing the order, tone and caption style. Add a title page.

SAFETY & SUPERVISION
Protect family privacy and use only photos everyone is happy to share. Use copies, not originals.

KEEP IT GOING
Make a new chapter each week.

FIVE-MINUTE RESET
Return photos to their envelope, glue down the final pages, and recycle scraps.



FAMILY ACTIVITY 54

5–15 min daily

The Good-News Jar

Write or draw one good thing, kind act or funny moment from the day and drop it in a jar.

You'll Need

- [ ] Jar or box
- [ ] Slips of paper
- [ ] Pencils
- [ ] Crayons
- [ ] Ribbon or sticker for decorating

How to Play

1. Choose a time each day, such as dinner or bedtime.
2. Each person writes or draws one good thing.
3. Fold it and drop it in the jar.
4. Read a few aloud at the end of the week.

PARENT SETUP Decorate the jar and set it where the family gathers with a pencil and slips of paper, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Say one good moment aloud while you cuddle, then add your own slip to the jar for your baby.

Ages 3 – 5

Draw a happy moment and tell you about it. An adult can add a word label.

Ages 6 – 8

Write a sentence or a joke about the day and drop it in the jar.

Ages 9 – 12

Reflect on patterns across the week and note what you're grateful for.

SAFETY & SUPERVISION
Never require positivity on a hard day. Skipping a day is fine, and everyone can choose what to share.

KEEP IT GOING
Read entries together at the end of the week.

FIVE-MINUTE RESET
Empty the jar into an envelope at week's end and restock slips and pencils.



FAMILY ACTIVITY 55

20–45 min

The Two-Person Team Challenge

Pair up family members to solve a cooperative building or storytelling task together.

You'll Need

- [ ] Large blocks or cardboard boxes
- [ ] Paper
- [ ] Pencils
- [ ] Kitchen timer
- [ ] Challenge cards

How to Play

1. Form pairs and draw a challenge card.
2. Plan together for two minutes.
3. Build or tell your story as a team.
4. Share how you worked together and swap partners.

PARENT SETUP Write 5 challenge cards, like 'Build a bridge' or 'Tell a story one word at a time,' about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Join briefly with a grown-up and stack a few large, soft blocks together. Cheer each pile.

Ages 3 – 5

Take turns placing big blocks with a partner, using words like 'my turn' and 'your turn.'

Ages 6 – 8

Plan and build with shared roles, such as architect and builder, and swap halfway.

Ages 9 – 12

Manage constraints like limited supplies, and mentor a younger partner without taking over.

SAFETY & SUPERVISION

Adults stay responsible for supervising younger children. Keep structures low, away from babies and walkways.

KEEP IT GOING

Switch partners and try a new challenge.

FIVE-MINUTE RESET

Return blocks to their bin, flatten boxes for recycling, and file the challenge cards.



FAMILY ACTIVITY 56

20–40 min

Family Night-Sky Stories

Invent your own constellations from paper dots or look up at the sky from a safe spot and tell their stories.

You'll Need

- [ ] Dark paper
- [ ] Chalk or white crayon
- [ ] Flashlight
- [ ] Star chart (optional)
- [ ] Blanket

How to Play

1. Place or draw dot patterns on dark paper.
2. Connect the dots to make a constellation.
3. Name it and invent its story.
4. Share your stories and look at the real sky if it is safe.

PARENT SETUP Pick a safe indoor or backyard spot and dim the lights. Draw dots on dark paper to make star patterns, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Look at soft star shapes or a gently lit ceiling together. Whisper, sing or hum a lullaby.

Ages 3 – 5

Connect dots and name the shape. Your child tells you what it is, and you add a line.

Ages 6 – 8

Learn one or two simple constellations and invent a myth for a new one.

Ages 9 – 12

Map visible star patterns, note the date, and research one constellation to present.

SAFETY & SUPERVISION

Stay in safe areas, avoid outdoor hazards and keep bright lights away from eyes. Adults stay close in the dark.

KEEP IT GOING

Make a constellation storybook.

FIVE-MINUTE RESET

Turn off the flashlight, fold the blanket, and file your star maps.



FAMILY ACTIVITY 57

45–90 min

Build-a-Community Helpers Hub

Build cardboard stations for community helpers, then role-play how and when to ask for help.

You'll Need

- [ ] Cardboard boxes
- [ ] Paper and markers
- [ ] Tape
- [ ] Toy figures or stuffed animals
- [ ] Dress-up items

How to Play

1. Choose helper stations and label each one.
2. Build simple counters or signs from boxes.
3. Role-play asking a helper for something and taking turns.
4. Talk about who to ask for help in real life.

PARENT SETUP Flatten a few boxes and pick helper roles, such as fire station, clinic, library and grocery. Takes about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Name familiar helpers like a doctor or firefighter with pictures or toys while your baby listens to your voice.

Ages 3 – 5

Play a simple helper role, such as doctor or shopkeeper, with an adult beside you.

Ages 6 – 8

Practice what to share in an emergency: name, address and what happened, using a pretend phone.

Ages 9 – 12

Design a community support plan: who to ask, who can help, and how you can help others.

SAFETY & SUPERVISION

Teach that real emergency calls are only for real emergencies. Use a toy phone, never a live one.

KEEP IT GOING

Add new helper roles each day.

FIVE-MINUTE RESET

Break down boxes for recycling, return dress-up clothes, and save signs for next time.



FAMILY ACTIVITY 58

20–45 min

The Family Decision Lab

Practice calm decision-making with fun, harmless scenarios, like planning a rainy-day picnic or sharing limited craft supplies.

You'll Need

- [ ] Scenario cards
- [ ] Paper
- [ ] Pencils
- [ ] Sticky notes for voting
- [ ] Timer (optional)

How to Play

1. Draw a scenario and read it aloud.
2. Brainstorm options and what each would lead to.
3. Choose a solution by talking and voting.
4. Reflect on how the decision-making went.

PARENT SETUP Write 5 friendly scenarios on cards, like 'Plan a rainy picnic,' about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Offer two safe options, such as two soft toys, and respond to your baby's glance or reach.

Ages 3 – 5

Choose between two options and say why in one simple sentence. An adult guides.

Ages 6 – 8

Compare two options and name what could happen with each. Pick one and try it.

Ages 9 – 12

Use pros and cons lists, then aim for consensus. Reflect on how everyone's opinions were heard.

SAFETY & SUPERVISION

Avoid frightening hypothetical disasters and keep scenarios light. Adults guide the talk and decide when real safety is involved.

KEEP IT GOING

Let kids invent new scenarios for the family.

FIVE-MINUTE RESET

Gather scenario cards, tidy pencils, and file lists to reuse later.



FAMILY ACTIVITY 59

30–60 min

Home Library Curators

Sort your books into a home library, make checkout cards and share personal recommendations.

You'll Need

- [ ] Books
- [ ] Paper labels
- [ ] Baskets or boxes
- [ ] Index cards
- [ ] Pencils

How to Play

1. Pick sorting themes, like animals, adventure or funny.
2. Group books into baskets and label each.
3. Make checkout cards and a sign-out sheet.
4. Recommend a favorite book to someone.

PARENT SETUP Gather a stack of books and clear a low shelf or table. Check that stacks are stable, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Share sturdy board books on your lap and let your baby explore the pages while you name the pictures.

Ages 3 – 5

Sort books by cover color or topic into baskets and help place labels.

Ages 6 – 8

Write recommendations and labels and run the checkout desk.

Ages 9 – 12

Create a catalog and start a reading club with a monthly pick.

SAFETY & SUPERVISION

Secure heavy shelves and keep stacks low and stable. Keep an adult nearby when children handle large piles.

KEEP IT GOING

Rotate the displays each week.

FIVE-MINUTE RESET

Return books to shelves or baskets, tidy the checkout desk, and save labels.



FAMILY ACTIVITY 60

20–45 min

The Family Joy Calendar

Plan a small daily ritual, a weekly celebration and a shared project to look forward to.

You'll Need

- [ ] Paper calendar or poster board
- [ ] Markers
- [ ] Stickers
- [ ] Pencil
- [ ] Sticky notes

How to Play

1. Pick a small daily ritual, like a morning song.
2. Choose a weekly celebration, like a pizza night.
3. Decide on a shared project to look forward to.
4. Mark each on the calendar and decorate.

PARENT SETUP Print or draw a month grid and set out markers. Think of a few ideas in advance, about 10 minutes.

AGE ADAPTATIONS

Birth – 2

Join in a short song or cuddle ritual at a set time each day. Repetition is what your baby loves.

Ages 3 – 5

Choose a picture for tomorrow, like a park or a story, and place a sticker on the calendar.

Ages 6 – 8

Plan one simple weekly event and write it on the calendar.

Ages 9 – 12

Balance activities, chores and rest across the week. Revisit the plan and adjust it.

SAFETY & SUPERVISION
Keep the plan flexible and pressure-free. Skipped days are fine, and rest counts as a joyful plan.

KEEP IT GOING
Update the calendar each Sunday.

FIVE-MINUTE RESET
Hang the calendar where all can see it and keep markers in a nearby basket.

PRINTABLE · 1

Buy Only What's Missing

Essential safety needs first, then comfort, then activities. If you already own it, cross it off.

BOUGHT	ITEM	WHY WE NEED IT	PRIORITY 1–3	EST. COST
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
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☐				
☐				

Budget for this month _____

PRINTABLE · 2

Emergency Contacts

Fill in by hand and keep a printed copy where every adult can find it. Store copies securely; they hold private information.

Emergency and health

NAME	PHONE	NOTES
Emergency services (call 911)		
Poison Help 1-800-222-1222		
Pediatrician		
Doctor or clinic		
Pharmacy		
Power and gas company		

Family and friends

NAME	PHONE	NOTES

Neighbors and support people

NAME	PHONE	NOTES

Out-of-area contact and school or childcare

NAME	PHONE	NOTES
Out-of-area contact		

PRINTABLE · 3

Family Communication Plan

Decide together, write it down, and practice once. Simple plans work best.

Meeting place near home if we must leave the house

Meeting place outside our neighborhood if we cannot go home

Out-of-area contact name and number

If phones don't work our backup plan

Who picks up each child and the backup

Our family code word for "it's safe to go with this person"

Where printed copies live

Practice dates we'll walk through the plan on

Everyone's number memorized or written on a card

PERSON	PHONE	HAS A CARD ✓
		☐
		☐
		☐
		☐
		☐

PRINTABLE · 4

Family Mission Board

Pick one mission each week. Move sticky notes or write in the boxes as you go.

This week's family mission

To try	In progress	Done

What we're proud of this week

PRINTABLE · 5

Activity Rotation Planner

Pick two or three activities a day, not all of them. Circle a choice type to keep the week balanced.

DAY	CHOICE	ACTIVITY	MATERIALS READY
Monday			☐
Tuesday			☐
Wednesday			☐
Thursday			☐
Friday			☐
Saturday			☐
Sunday			☐

Choice types: Create · Move · Pretend · Connect · Quiet Offer a choice menu and let older children pick independently.



Our Daily Rhythm

A simple, flexible plan to bring more structure, calm, and connection to your family's day.

Morning

Set the tone for a calm, productive day.

- [ ] _____
- [ ] _____
- [ ] _____

Midday

Keep energy up and stay on track.

- [ ] _____
- [ ] _____
- [ ] _____

Afternoon

Make time for learning, creating, or outdoor play.

- [ ] _____
- [ ] _____
- [ ] _____

Evening

Wind down and connect as a family.

- [ ] _____
- [ ] _____
- [ ] _____

Today's one thing: _____

PRINTABLE · 6

The Boredom Jar

Cut along the dashed lines, write one idea on each slip, and fold them into a jar. Draw one when someone says, “I’m bored.”

MOVE

CREATE

PRETEND

CONNECT

QUIET

HELP

MOVE

CREATE

PRETEND

CONNECT

QUIET

HELP

MOVE

CREATE

PRETEND

CONNECT

Ideas: pick an activity card, build a fort, write a note to someone, dance to one song, help make a snack.

PRINTABLE · 7

Family Roles & Responsibilities

Shared work works best when someone clearly owns it. Children help in age-appropriate ways, and are never responsible for childcare.

PERSON	DAILY JOBS	WEEKLY JOBS	BACKUP

Who owns the thinking?

Meals and groceries

Supplies and inventory

Medications and appointments

Family communication

Activities and routines

Cleanup and reset

PRINTABLE · 8

Family Skills Passport

Earn a stamp each time someone learns or practices a real-life skill. Cheer for effort, not perfection.

Name _____ **Age** _____

STAMP	STAMP	STAMP
STAMP	STAMP	STAMP
STAMP	STAMP	STAMP

Skill ideas: make a sandwich · sweep a floor · read a simple map · charge devices · pack a snack bag · call a contact · find the flashlight · set the table

PRINTABLE · 9

Medication & Important Information

Keep this page private and store it securely. Update it whenever medications or doctors change. It is a personal record, not medical advice.

Person 1

Name

Allergies

Medications, doses and times · doctor and phone · notes

Person 2

Name

Allergies

Medications, doses and times · doctor and phone · notes

Person 3

Name

Allergies

Medications, doses and times · doctor and phone · notes

Person 4

Name

Allergies

Medications, doses and times · doctor and phone · notes

PRINTABLE · 10

Learning Tracker

Real life counts as learning. Jot down what you explored and what sparked a question. Optional starting points: birth–2 no formal lessons; ages 3–5 about 15–30 minutes; 6–8 about 30–60; 9–12 about 45–90.

DATE	CHILD	WHAT WE EXPLORED	A QUESTION OR SPARK	NEXT IDEA

Your Seven-Day Starter Plan

You can do this in small pockets of time. Skip a day if life happens.

Day 1	Print contacts and decide where the list lives.	☐
Day 2	Shop your house: inventory supplies and activity materials.	☐
Day 3	Choose two activities and make a ready bin.	☐
Day 4	Review your family meeting and communication plan.	☐
Day 5	Download and test offline entertainment and maps.	☐
Day 6	Choose shared adult responsibilities and a check-in time.	☐
Day 7	Try one family mission and adjust what did not work.	☐

PRINTABLE · 12

Ten-Minute Daily Check-In

For any caregivers: partners, co-parents, grandparents or friends. Sit down, set a timer, and take turns.

One win today

One thing that felt heavy

What I need tomorrow

Who's covering what tomorrow

Something I appreciate

When each of us gets a break

Today's date and how we're feeling

HELPFUL REFERENCES

Prepared, not panicked

We can’t always control what’s happening around us, but we can be intentional about what happens within our homes. Always follow local emergency instructions first, and check official sources for current guidance.

☆ **ready.gov/kit**
Build a basic emergency supply kit (water, food, medications, light).

☆ **ready.gov/plan**
Make a family emergency plan.

☆ **CDC · Discarding Food After a Power Outage**
cdc.gov (search the title).

☆ **CDC · Prevent Carbon Monoxide Poisoning**
cdc.gov (search the title).

☆ **Apple · Use Emergency SOS via satellite**
support.apple.com/101573. Model, software and region requirements apply.

☆ **Poison Help line**
1-800-222-1222 (U.S.).

You’ve got this.

Start small, share the load, and keep a copy of your plan where every adult can find it. This workbook is educational, not medical or emergency-services advice. Questions? ThePreparedMomPlaybook.com · thepreparedmomplaybook@gmail.com