

Do 1 chore of mom's choice	Draw a picture	Go to the park
Do 1 chore of mom's choice	Have a picnic	Make cookies
Do 1 chore of mom's choice	Have a friend come over	Play with sidewalk chalk
Vacuum 1 room of the house	Eat a vegetable	Interview a family member

Take out the trash

Eat a fruit

Play hopscotch

Find 5 toys to
donate to Goodwill

Read for 10 minutes

Look at a photo
album

Do laundry

Exercise using mom's
instructions

Water the plants

Clean 1 toilet

Take a nap or rest

Write a letter

Pick up trash
outside

Organize your toys

Write in your
journal

Pull weeds in the
yard

Clean your room

Go for a walk

Watch a movie &
have popcorn

Play with bubbles

Color in a coloring
book

Run through the
sprinklers

Eat some ice cream
or special treat

Make a lemonade
stand

Play a board game

Make a sock puppet

Go swimming

Play hide and seek

Do an art project

Make a craft with
mom

Dance

Make an obstacle
course

Build a fort using
the couch, dining
chairs & blankets

Play dress up

Play a video game
for 1/2 hour

Ride your bike or
skates

Help mom plan
dinner

Do a service for
anyone of your
choice

Play a computer
game for 1/2 hour

Call dad @ work

Plan a family
activity

Have a photo shoot

Help mom plan dinner	Do a service for anyone of your choice	Play a computer game for 1/2 hour
Call dad @ work	Plan a family activity	Have a photo shoot