

ONE-ON-ONE ACTIVITIES

Stay at Home

Build or Fix Something	Make a Memory Book	Spray Water in the Backyard
Read a Book or Magazine	Play in the Rain	Play Cornhole
Draw or Color a Picture	Swim	Tye-Dye Old Shirts
Create Felt Board Stories	Go on a Bug Hunt	Make Pipe Cleaner Crafts
Play Barbies	Write with Sidewalk Chalk	Build a Fort
Play a Board Game	Write a Story	Play with Water Guns
Paint an Art Project	Blow Bubbles	Have a Tea or Hot
Bake Goodies	Jump Rope	Chocolate Party
Plant Flowers or Food	Play With a Hula Hoop	Go on a Scavenger Hunt
Organize a Drawer or Room	Have a Nerf Gun Battle	Create a Recipe
Rake Leaves	Draw Portraits of Each Other	Exercise
Play a Sport in Backyard	Take Pictures	Do Yoga
Have a Dance Party	Paint Pet Rocks	Play Instruments
Have a Living Room Picnic	Play Paper, Scissors, Rock	Do a Craft Kit
Cook a Meal	Make a pizza	Build Legos
Stargaze	Play Superheroes	Stargaze

Go Somewhere Close

Shop	Go to the Library
Play at a Nearby Park	Get Pedicures
Fly a Kite	Hike
Run An Errand - Grocery	Go Fishing
Shop, Go to Dry Cleaners,	Go to a Garage Sale
Post Office, etc.	Take a Class or Do a Lesson
Wash the Car	Rock Climb
Go to a Dollar Store	Play at an Arcade
Get Ice Cream or Fro Yo	Feed the Ducks
Walk Around the Block	Go to a Coffee Shop With Games
Ride Bikes or Scooters	Do a Random Act of Kindness
Rollerblade	Visit a Farmer's Market

ONE-ON-ONE TIME GUIDELINES

Special Name: _____

NO SCREENS

All activities during this time will not include any kind of screens - tablets, TV, ipads or phones.

PUT OUR CREATIVITY CAPS ON

Let's be creative in whatever activity we do!

NO SIBLINGS ALLOWED!

This is a special time between mom or dad and me

THERE IS A TIME LIMIT

Our special time is 10 or 15 minutes long unless we leave the house and need a little more time

WE (THE KIDS) ARE IN CHARGE

Mom and dad will do whatever activity I'd like to do (as long as it's **reasonable**, **doable** and we have enough **time**)

LET'S HAVE FUN!



Our Favorite Activities To Do Together: