

Daily Activity Challenge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Count how many people you smile at today	Go device free for 2 hours	Do an art project	How many sounds do you hear	Do 50 push ups
Clean bathroom	Dust your furniture	Count how many stars in the sky	Sanitize door knobs	Write down something you are grateful for

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Make yourself lunch	Leave a note for someone to find	Play a game	recreate your own song	Clean table and wash dishes
Sweep your floor	Make a salad	Go for a walk	Wear your favorite sport gear	Give thanks to someone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Go on virtual tour	Vacuum floor	Watch a program and during commercials do 20 jumping jacks	Do an art project	Sort laundry into light, white, dark loads. Wash a load
Make up your own dance to your favorite song	Fold napkins and set table for a meal	Clear the table and wash the dishes	Clean the bathroom	Sanitize all the door knobs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Plan a healthy meal plan	Do some yard work	Visit the zoo on the internet	Wash all the mirrors in your home	Make your own lunch
Wear your favorite sports gear	Help make a salad	Check out dates all the food in your pantry	Go for a walk	Do one of your favorite hobbies

Aquarium:

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

<https://www.montereybayaquarium.org/animals/live-cams/jelly-cam>

Reptiles

<http://samuraivirtualtours.com/example/nadc/index.html>

Zoo

<https://kids.sandiegozoo.org/videos>

Dairy Farm

<https://www.youtube.com/watch?v=tU3zmLNZxHI>

How stuff works video

Lego, cakes, and how to make a jacket

<https://www.youtube.com/watch?v=up1tk5kyFQU>

Bubble Gum

<https://www.youtube.com/watch?v=2kttVyakHN4>

How to make Crayons

<https://www.youtube.com/watch?v=ImiRjmbnn8Q>