

FUN ACTIVITIES FOR KIDS AND FAMILIES

30 Day Gratitude Photo Challenge

Research shows that showing gratitude more often can help you reach your goals, improve your mood, deepen your relationships, and increase your energy. Use this challenge to find the things you are grateful for and share them with others.

Easy Cookie Recipe

Make sure to wash your hands and follow the directions!

Try it out.



30 Days of Gratitude Photography Challenge

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source: <https://www.happierhuman.com/benefits-of-gratitude/>

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|-------------------------|-----------------------|
| Day 1: Colors | Day 16: Artwork |
| Day 2: Animals | Day 17: Memories |
| Day 3: Happiness | Day 18: Something New |
| Day 4: Sky | Day 19: Home |
| Day 5: Books | Day 20: Light |
| Day 6: Something Funny | Day 21: Excitement |
| Day 7: Inspiring Person | Day 22: Favorite Food |
| Day 8: Something Old | Day 23: Leaves |
| Day 9: Written Words | Day 24: Music |
| Day 10: Night Time | Day 25: Beauty |
| Day 11: Movement | Day 26: Change |
| Day 12: Health | Day 27: Day Time |
| Day 13: Love | Day 28: Comfort Zone |
| Day 14: Friendship | Day 29: Knowledge |
| Day 15: In Your Closet | Day 30: Self-Portrait |

Kahoot Trivia

Play with multiple players- all you need is a smartphone or tablet. [Click Here](#)

Minute To Win It

These games are simple and use common household items. Players have 1 minute to complete the challenges.

[Check it out!](#)