

Mains'I Daily Fun April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Acknowledge someone for their work with an On the Spot or Compass Award! https://www.mainsl.com/wp-content/uploads/2020/04/On-the-Spots-Revised-1.pdf	7 Move your body: Your choice of exercise for 10 minutes Download a meditation app: Insight Timer or Mind Space. https://insighttimer.com/	8 Make a Spotify Playlist to Share: Spotify App Link for Download https://apps.apple.com/app/spotify-music/id324684580 *Start a fun Puzzle or Online Game! https://www.crazygames.com/c/puzzle	9 Find a new recipe : 110 Easy Dinner Ideas https://www.tasteofhome.com/collecion/easy-dinner-ideas/ 75 Easy Meals to Make https://www.tasteofhome.com/collecion/easy-meals-when-youre-stuck-at-home/	10 Pay it Forward: Complete a random act of kindness. *Listen to a new podcast: From true crime to comedy, there are endless options to choose from. https://www.iheart.com/podcast/category/popular-82/	11 Teach yourself how to Knit! https://www.youtube.com/watch?v=KCGEUwESYZk&feature=youtu.be
12 Animal Watching Online ideas: https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/	13 Move your body: Your choice of exercise for 15 minutes 29 THINGS TO DO WHILE WALKING: https://www.walkingforhealthandfitness.com/blog/29-things-to-do-while-walking	14 Silent Disco: Everyone wears their own headphones & can each enjoy the music of their choice! Watch a Video from our CA 7th Street Arts Crew! https://www.youtube.com/channel/UCoFqqPyt9bbZrT8ineCdykvw	15 *Camp in the backyard! "Camping" without having to pack for it! 	16 *Indoor/Outdoor Planting seedlings & watching their growth is rewarding, as well as environmentally beneficial! *Build a Fort Using pillows and blankets see what you can make! https://redtri.com/fantastic-indoor-forts-for-kids/slide/1	17 *Indoor/Outdoor Scavenger Hunt Type up a list of things that need to be found & give everyone a list. The things can be inside your home or even outdoors around the yard! https://www.goosechase.com/blog/tag/scavenger-hunt-ideas/	18 Teach yourself how to juggle! https://www.youtube.com/watch?v=cqF0oRNjFys 
19 Practice yoga or try it for the first time! All you need is some floor space & a blanket to do most yoga poses. https://www.youtube.com/watch?v=v7AYKM6rOE	20 Move your body: Your choice of exercise for 20 minutes *Make a YouTube tutorial on something you are good at & share it with others! https://www.techsmith.com/blog/make-youtube-	21 *Start a Journal; You can journal about your daily life events, your feelings, your schedule, or your hopes and dreams https://www.goodhousekeeping.com/life/g30243742/bullet-journal-bujo-ideas/	22 *Have a dance party; Turn on some tunes & get those socks hoppin'. 	23 Start a blog on a topic that interests you! You can start a blog for free using Blogger https://www.blogger.com/about/?r=1-null_user	24 *Inventing a Board Game Collaborating together to create the game & rules you all want is an awesome time of interaction with one another. https://www.pinterest.com/pin/97882991870988707/	25 Watch a TED talk video; https://www.ted.com/playlist/s/171/the_most_popular_talk_s_of_all Pay it Forward: Complete a random act of kindness.
26 Practice origami All you need is some scrap paper and a bit of time. Start with the simple things, like cranes & frogs http://make-origami.com/	27 *Online Museum Tour Lots of museums are setting up their exhibits online, so we can still get our arts & culture fixes from the confines of our homes. https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	28 *Creating your own Scrapbook: Personalize it & make it your own; after all, this is your story! https://www.wikihow.com/Make-Your-Own-Scrapbook 	29 *Play Remote Games with Friends using Zoom! Watching each other act out the answers, is guaranteed to be a night full of fun and laughter. https://www.bustle.com/p/how-to-have-a-zoom-game-night-22639026	30 Acknowledge someone for their work with an On the Spot or Compass Award! 	Extra Resources: Activities & Ideas https://www.mainsl.com/wp-content/uploads/2020/04/Resources-Activities-and-Ideas-for-All.pdf Out Door Activities https://www.mainsl.com/wp-content/uploads/2020/04/Outdoor-Activities-updated.pdf	Learning can be Fun; Educational Resources: https://www.mainsl.com/wp-content/uploads/2020/04/Learning-Can-Be-Fun-Educational-Resources.pdf