



OCTOBER RANDOM ACTS OF FUN

Kids Edition!

SUN	MON	TUE	WED	THU	FRI	SAT
				Day 1 Make an indoor scavenger hunt.	Day 2 Create a game using food, cartons, boxes and containers.	Day 3 Make an outdoor obstacle course.
Day 4 Surprise your parents by doing a chore.	Day 5 Practice dribbling a ball with each hand for 5 minutes.	Day 6 Ride your bike for 20 minutes.	Day 7 Juggle an inflated balloon or soccer ball.	Day 8 Build a fort with couch cushions and pillows.	Day 9 Make up a dance and teach it to a friend or family member.	Day 10 Write letters to friends or relatives.
Day 11 Dribble a ball through obstacles.	Day 12 Toss a stuffed animal in the air and catch it 50 times.	Day 13 How many stacked pillows can you jump over?	Day 14 Design and create your own jump rope.	Day 15 Design a workout with at least 4 exercises.	Day 16 Make a game with a laundry basket and rolled up socks.	Day 17 How high can you build a tower with playing cards?
Day 18 Make a sculpture with recyclables.	Day 19 Play your favorite music and DANCE.	Day 20 Pick out a game for family game night.	Day 21 Practice your standing long jump and measure your distance.	Day 22 Jog and/or walk around your home for at least 10 minutes.	Day 23 Play catch with a sibling or parent for 10 minutes.	Day 24 Jump rope for at least 5 minutes.
Day 25 Hold a plank and count by 5's to 200, 2's to 100.	Day 26 Write a letter or email to a teacher.	Day 27 Make a bowling alley with homemade pins.	Day 28 Go for a walk and pick up trash (wear gloves!).	Day 29 Draw/paint a picture for a family member or friend.	Day 30 Create your own silly joke.	Day 31 Design a Halloween outfit using anything but clothing.

