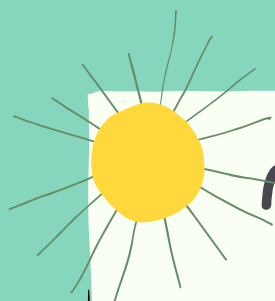


PLANNING YOUR STAY-CATION

MAKING THE MOST OUT OF BREAK WHEN YOU CAN'T TRAVEL



MAKE OLD STUFF NEW AGAIN

**Bundle up and go outside --
make snow-people, build a fort, create snow angels.**

Make sock puppets.

Haul out all the old board games.

Pop some popcorn and have a movie night.

Crank up the tunes and have a dance party!

USE YOUR SPACE CREATIVELY

Designate different rooms as different "theme parks."

Have themed days such as "Halloween Day," "Tropical Paradise Day"
"Explore America Day" -- dress, play, and eat toward the theme.

Hide objects around the house, then send out the search teams!

Dig out the sleeping bags and camp out in the family room.

Have a real picnic in a room outside your kitchen.

DON'T

- ...spend too much time on the computer
- ...make it seem like school
- ...get caught up on "accomplishing" too much

DO

- ...allow your children to have free-time
- ...read together and alone
- ...let children help plan
- ...develop a "menu" for each day
- ...post your daily menu in the house
- ...be flexible
- ...have a few choices for each planned hour
- ...be together, but build in "me time for everyone"

OLD FAITHFULS FOR FAMILIES

Bake or Cook Together

Draw and Paint

Read

Make Stuff

Sew, Knit, Crochet...or Learn How Together!

Go for Walks

Talk to Your Children...and Listen to them

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