



PAF's Quarantine Kid Challenge Spring 2020



Ask a parent or guardian to initial the the box next to each spring activity that you complete.
Try to complete 30 (or more) activities before May 31, 2020.

Make a stained-glass window with paint/sidewalk chalk	Make and play your own hopscotch game	Go to the zoo or farm (virtually from a computer or tablet)
Shoot hoops or play catch for 20+ minutes	Eat watermelon outside	Visit a museum (virtually from a computer or tablet)
Read a book outside under the stars	Play a card or board game (great for a rainy day)	Learn to identify different trees
Fly a kite (<i>never fly near power lines</i>)	Create your own fairy garden	Make your own rain gauge
Go fishing (<i>if on a boat - wear your lifejacket</i>)	Plan/complete neighborhood window scavenger hunt	Write and illustrate a summer-themed story
Plant flowers, vegetables or fruit	Find animal tracks on the ground	Research the 7 Principles of "Leave No Trace"
Blow bubbles outside	Paint a rock and hide it somewhere in your neighborhood	Go camping in your backyard
Make homemade lemonade	Find a birds nest	Make your own windsock or pinwheel
Search for 4-leaf clovers	Make homemade popsicles	Research the various constellations
Plant a tree (<i>don't forget to call 811 before you dig</i>)	Make a map for a sibling to find a hidden item	Help make your mom a Mother's Day meal (<i>with help from an adult</i>)
Play frisbee or catch with family	Make homemade play doh or slime OUTSIDE!	Make a craft using only recycled goods
Hike a new trail for at least 30 minutes (<i>bring a parent/adult</i>)	Locate a beautiful waterfall	Use flowers as homemade paint brushes
Make tie dye (or color eggs) outside	Help a family member wash their car	Do a "Random Act of Kindness" for someone
Play outside in the rain (<i>do NOT attempt during a storm</i>)	Eat ice cream outside	Identify the meaning of underground utilities colored-marker flags
Make and eat a picnic dinner	Facetime or Zoom with a friend or family	Create art with nature items
Watch the sunset or sunrise	Find a rainbow	Make your own outdoor fort with boxes
Cook an entire dinner over a campfire (<i>practice fire safety</i>)	Clean out a dresser, closet, or toy box (<i>donate items</i>)	Clean up trash in your local neighborhood or local community (<i>wear your safety vest and gloves</i>)
Draw a beautiful sidewalk chalk picture		Play an outdoor game like cornhole, Yard Yahtzee, Horseshoes, Giant Jenga, Kerplunk, Ladder Golf, etc.
Try relaxation meditation, yogo or a breathing exercise		Have a family movie night (can be indoor or outside)
Complete a PAF Daily Learning Drop activity (<i>safety first!</i>)		Host a family luau, backyard BBQ or other themed-dinner
Create your own Safety Slogan or Poem		Build a birdfeeder or bat box (<i>remember to wear safety glasses, gloves and have supervision with tools</i>)
Help a parent with a spring project		Ride a bike or scooter for 20+ minutes (<i>be sure to wear your helmet</i>)
Take a walk and play "I spy" with family		Take your dog (or someone else's) for a walk (<i>be sure to wear a reflective vest or gear</i>)
Make a card for your teacher or someone in a nursing home		Make origami outside with friends



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Look for our Daily Learning Drops each day on Facebook at noon EDT/11:00 a.m. CDT:
<https://www.facebook.com/PAFSafetyDays>



**ALWAYS seek permission and approval from a parent/adult before beginning an activity.
Remember --- SAFETY FIRST!**



Locate our Daily Learning Drop Playlist on YouTube:
<https://www.youtube.com/user/ProAgFound>