

Calendar of Fun!

<p>Escape with a Good Book (Read a paper one, download one or listen to one)</p>	<p>Make some Popcorn & Watch a Movie</p>	<p>Dirty Dog Day (Walk & Wash Your Dog)</p>	<p>Get Sporty (learn a new sport or practice one you already know)</p>	<p>Pamper Yourself (Have a bath, paint your nails, try a face mask, dress up in your favourite clothes or relax in your PJs)</p>	<p>Be inspired by our Paralympians (Try seated volleyball with a balloon, cheering on a champion, getting dressed with your eyes closed, using your non-dominant hand only to make lunch)</p>	<p>Dance Like No One is Watching (Share your dance moves with a friend)</p>
<p>Ring an Oldie (Ring someone at least 20 years older than you. Get them to tell you about what life was like when they were your age)</p>	<p>Ring an Isolated Friend & Tell Them Some Jokes</p>	<p>Try a New Food Combination (eg apple on a toasted sandwich or vegemite on pancakes)</p>	<p>Get into Nature Photography/Filming (Research any plants or animals you find that you don't know about)</p>	<p>Bake your Favourite Treat</p>	<p>Trick Shot Challenge (eg Try shooting your socks into a laundry basket or your drawer)</p>	<p>Have a Room Clean Out (Think about who you can pass on unwanted items to)</p>
<p>Become a Human Plank (Plank for as long as you can. Try and improve your time each day)</p>	<p>Upcycle Something (Find old things that are no longer used, make something new from them)</p>	<p>Doodle (Think about a fun topic you could draw about)</p>	<p>Learn Some Cool Card Tricks (Research some card tricks and trial them on your family)</p>	<p>Old School Games (Try hand ball, skipping, marbles, elastics or jacks)</p>	<p>Do a Random Act of Kindness (eg make your caregiver a cup of tea/coffee or ring someone just to tell them you love them)</p>	<p>Create a Dream Board (Fill it with goals, hopes and inspirational images. Put it up in your room)</p>
<p>Grow a Pizza Herb Garden (Plant tomatoes, basil, parsley and oregano. Make a fresh pizza when it's grown)</p>	<p>Get Creative with Chalk (use chalk to draw on the pavement or driveway – be creative!)</p>	<p>Create Some Shadow Art (Find your shadow and use rocks or leaves to decorate it)</p>	<p>Stretch it Out (Do some yoga poses, practice stretches you've previously learned or just get up and move)</p>	<p>Make a Rap Encouraging Positive Action (Pick a topic that is current. Create a rap to inspire people to make it better)</p>	<p>Remember the Good Times (Look through old photos/videos. Try to remember the fun and silly things that were happening at the time)</p>	<p>Write a Letter to Someone you Admire (Someone famous, a friend or family member or yourself. Try and deliver it)</p>
<p>Try Origami (Research how to make cool items out of paper)</p>						