

Annandale United Methodist Church
Weekday Children's Programs



Celebrating our Youngest Learners!

April 23-29, 2017

AUMC's FAMILY CHALLENGE!

The Week of the Young Child is a time to focus on children and their families. In addition to the suggestions offered by NAEYC, we offer this guide as our on challenge to healthy living and quality time together. Listed are some suggestions, and you may have lots of creative ideas of your own! Let us know what you do! We would love to post pictures of your family activities!

Sunday, April 23	Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28	Saturday, April 29
Community Service	Get Moving! Family Fitness	Family Meal Together	No Screen Time	Sugar-Free Day	Cultural Connection	Family Fun Time
<p>Help your child perform a random act of kindness</p> <p>Visit a nursing home</p> <p>Select a backpack to contribute to Spring Into Action</p> <p>Draw a picture to send to a grandparent</p> <p>Call or Skype a far away relative/family friend</p>	<p>Go for a family walk together</p> <p>Take a family bike ride</p> <p>Visit a park/playground as a family</p> <p>Play a game of soccer, catch, or freeze tag</p> <p>Go to a gym or rec center together</p> <p>Turn your living room into a dance floor!</p>	<p>Have the whole family eat together (w/candles & flowers!)</p> <p>Have your child help shop &/or prepare the meal</p> <p>Eat out together at a family friendly restaurant</p> <p>Go on a family picnic</p> <p>Have a family cookout</p>	<p>Turn the TV, computer games and other screened devices OFF!</p> <p>Play a board game</p> <p>Play 'I Spy' in the car</p> <p>Build with Legos or Duplos</p> <p>Play something your child initiates</p>	<p>Have no sweets</p> <p>Limit juice to 6 oz.</p> <p>Try a new fruit</p> <p>Skip dessert</p> <p>Make a healthy snack together – yogurt, humus & pita, or cheesesticks</p> <p>Get creative with veggie treats</p>	<p>Try a recipe together from another country</p> <p>Visit an international grocery store</p> <p>Visit a new ethnic restaurant</p> <p>Learn about another country or culture</p> <p>Make a craft honoring another culture</p>	<p>Do an activity together such as:</p> <p>Movie night</p> <p>Game night</p> <p>Go to Playseum or Children's Museum</p> <p>Do a giant floor puzzle together</p> <p>Bake cookies together</p> <p>Go bowling or putt-putt</p>