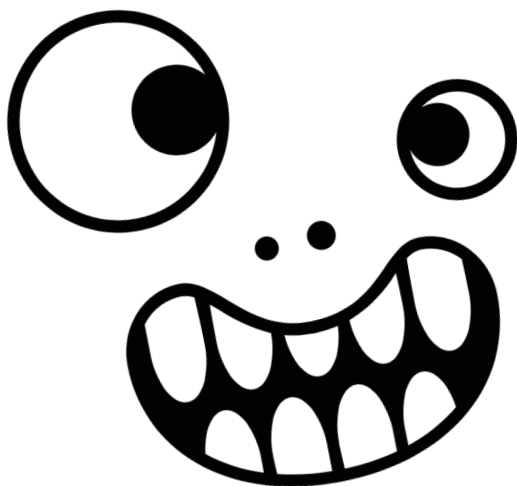


fight boredom  
earn badges  
stay connected  
do fun s?!t



# HI!

Best place I've found to order patches:  
<https://tradingpost.classb.com>

Great resource for readers / reading:  
<https://www.readbrightly.com/topics/diy-and-family-activities/>

Pinterest board I created for ongoing Stuck at Home activities: <https://pin.it/4WwahSE>

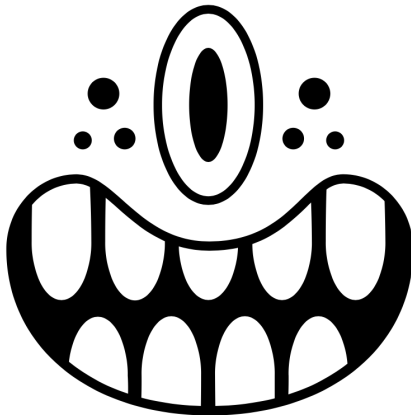
## TO PRINT

Designed to fit on 1/2 of a 8.5 x 11 inch paper. So, each page in this booklet is 8.5 inches tall and 5.5 inches wide.

And drop me a line if you have ideas to include in the next version, or just to say HI!

Clean hands. Clear head. Open heart.

Milena



STUCK INSIDE

## READING CHALLENGE



- Read a book by a female author
- Think about your favorite book character. Choose and read a book you think that character would like to read
- Read a book with words and illustrations by the same person
- Find, read, or listen to a digital book that has won an award
- Read a nonfiction book about an accomplished woman you've never heard of
- Read a book with a title that's a question
- Pick a book you've read and loved, and make a bookmark inspired by it
- Read aloud to your pet or favorite stuffed animal
- Read a book about a family. Then talk to your family about how the book's family is similar to and different from your own.
- Read a graphic novel
- Choose several of your favorite books and set up a small display for them at home, just like you would see at a bookstore or library. Pick a story from your collection of favorites the next time you're stumped on what to read.

STUCK INSIDE

## RESEARCH CHALLENGE



Research and make a slide presentation on:

- Sunshine snails
- One of the 99: Islamic superheroes
- Your favourite sport
- Your favourite colour
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

STUCK INSIDE

## MAKER CHALLENGE



- Family time capsule
- Donation box
- Colour wheel
- Your family as stick people
- Countdown chain: What's coming up that's exciting? Birthday, family member visit or holiday? Cut out strips of cardboard paper and make a chain by taping the ends together and looping the next one through.
- Produce painting: find veggies or fruit in your pantry (apples, green peppers, carrots) and draw or paint a still life of them.
- Make cards: create a list of upcoming birthdays and events. "Just because" cards are good too.
- Create an ad: decide on something you want to advertise. It can be as silly or serious as you want it to be. Come up with some ideas about how to advertise it: story, acting, poster, or song. Use costumes or props. Video your ad.
- Friendship bracelets

## SOCIAL DISTANCING TIPS...

You can adjust the activities on the following pages to reduce in-person contact. Here are some ideas:

- ❑ Use this opportunity to teach your kiddo how to setup an email account (if they don't have one), or how to write an email using a family account. Get them to research how they can contact their local librarian, MP, or even their favourite author.
- ❑ Alternatively, you could ask some of your parent-friends if their kids are interested in a joining a *Stuck at Home Pen-pal* program.
- ❑ Remove the "public" components of activities and do online research / make things instead.
- ❑ Use FaceTime or Skype to connect with friends or family. This might be a good opportunity to reach out to some of your FB friends and see if anyone is interested in "video" meetups. That might be awesome both for you and your kiddos.

GUIDING

## VOLUNTEER



I want to help a cause I care about  
and make a difference (big or small)!

WHAT'S MY CAUSE?

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WHO CAN I CONNECT WITH?

I can talk to my local librarian to learn who needs books in my community.

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WHAT CAN I DO OR MAKE?

I can plan a book drive and deliver the books to a place that needs them.

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HOW CAN I SHARE IT?

I can share a photo I took at the book drive with my family members.

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GUIDING

## LEADER



I want to help others work together  
and reach new goals.

### WHO CAN I CONNECT WITH?

I can talk to a family friend or a teacher at my school to find out what  
makes her a leader.

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### WHAT CAN I DO OR MAKE?

I can plan and lead an activity.

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### HOW CAN I SHARE IT?

I can tell my mom and dad what I learned from leading the activity.

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GUIDING

## ANIMAL HELPER



I want to help creatures and critters stay safe and happy.

### WHO CAN I CONNECT WITH?

I can read a story about Jane Goodall with my older cousin who walks dogs in her spare time and learn how they've both helped animals.

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### WHAT CAN I DO OR MAKE?

I can build a bee habitat in my community to help these little pollinators.

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### HOW CAN I SHARE IT?

I can take my friends to visit my bee habitat and tell them how my cousin and Jane inspired me.

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GUIDING

## PLANET PROTECTOR



I want to take action and make green choices to help keep our planet healthy, now and in the future.

### WHO CAN I CONNECT WITH?

I can talk to a woman in my local government about the water in my community and ways to protect our waterfront.

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### WHAT CAN I DO OR MAKE?

I can pick up garbage on my local beach with my family over two weekends in the spring.

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### HOW CAN I SHARE IT?

I can take "before" and "after" pictures and share them with someone.

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GUIDING

## ADVENTURER



I want to explore new and exciting places all over the map to create unforgettable memories!

### WHO CAN I CONNECT WITH?

I can connect with an adventurer to learn about places I can explore in our local area.

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### WHAT CAN I DO OR MAKE?

I can draw a map of where I want to go, practice using my compass and pack a lunch for my adventure.

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### HOW CAN I SHARE IT?

I can make a scavenger hunt of interesting things I saw on my hike to share with my friends.

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GUIDING

## FOODIE



I want to explore my passion for food and learn more about it. I want to make food, eat food, and discover new flavours!

### WHO CAN I CONNECT WITH?

I'll interview my aunt about how she learned to cook and what food she most likes to make.

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### WHAT CAN I DO OR MAKE?

I can find a recipe, gather the ingredients, and create a dish with my aunt.

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### HOW CAN I SHARE IT?

I can start a recipe book with the recipe I made with my aunt. I'll invite friends to share their favourite recipes too!

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GUIDING

## GIRL CHAMPION



I want to be a champion for myself and other girls and work towards equality for all!

### WHO CAN I CONNECT WITH?

I can read a story at bedtime with a parent about a famous feminist who made things better for women and girls.

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### WHAT CAN I DO OR MAKE? HOW CAN I SHARE IT?

I can make pins of famous feminists and give them to my friends.

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## MAKER TIPS...

Your first activity should be to search through your living space (or work space if you're still going), and find all the things that could be used for making.

They might have been garbage before, but they now are treasure!

- Cardboard and boxes, cereal boxes
- Any and all paper: magazines, flyers, postcards, letters, scraps, old colouring books, photos
- Buttons, thread, stamps, labels, fabric, beads, old clothes and socks
- Plastic bags and bottles, wood scraps
- Scissors, paint, markers, hole punch, tape, glue, stapler, needle and thread—office supplies

YOU CAN ADD YOUR INVENTORY HERE

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GUIDING

## ARTIST



I want to be creative and express my ideas through drama, dance, visual art, music, creative writing...

### WHO CAN I CONNECT WITH?

I can ask a local artist about watercolours and get some painting tips from her.

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### WHAT CAN I DO OR MAKE?

I can test out different techniques to see how watercolours work and create a painting.

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### HOW CAN I SHARE IT?

I can hang up my painting and teach some friends the tips I learned.

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GUIDING

# INVENTOR



I want to come up with new ideas, solve problems and make things better.

## WHO CAN I CONNECT WITH?

I can go into a local woman-owned business and ask them about how they got started.

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## WHAT CAN I DO OR MAKE?

I can take a great idea I have and make it real! I can create it, build a model of it or make a drawing of my design.

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## HOW CAN I SHARE IT?

I can show my creation and explain why people will want it.

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GUIDING

## MAKER



I want to try some tinkering and get hands-on to build, craft and make things that are uniquely my own.

### WHO CAN I CONNECT WITH?

I can visit a local tech teacher to talk to her about the tools they have available and how to use them.

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### WHAT CAN I DO OR MAKE?

I can create a funky keychain using a 3D printer.

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### HOW CAN I SHARE IT?

I can bring my creation to show my class at school or my friends.

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# BODY HEALTH



- 12,000 steps
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break

= 1 day

- 12,000 steps
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break

- 12,000 steps
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break

- 12,000 steps
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- 12,000 steps
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- 1 min. breath break
- 12,000 steps
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break
- 1 min. breath break

SCOUTING

## EMERGENCY SKILLS 1



- I have made my own personal first aid kit
- I can demonstrate the basic approach to first aid
- I can treat minor cuts or scrapes
- I can be responsible for my own health
- I can be responsible for my own safety
- I know my address and location in an emergency
- I know not to play with matches and lighters
- I know how to spot things in my home that are not safe
- I know the different emergency services that are available and how and when to call them and what to say
- I use the “buddy system” when outdoors
- I can signal for help if needed when outdoors
- I always tell an adult where I am going
- I carry a whistle and visible signal covering when I go out in the bush
- I know to “hug a tree” if lost, or to stay in one place if there are no trees
- I know how to be safe around a campfire
- I know how to behave around wildlife

SCOUTING

## CAMPING SKILLS 1



- I can collect small sticks for a campfire
- I can follow directions while at camp
- I can help pack a bag for camp
- I can keep my camping gear neat and tidy
- I can care for my basic personal gear on an overnight camp
- I can explain the use of the buddy system at camp
- I can describe the different emergency services in the camp area and how to call them
- I can set out my sleeping area for good night's sleep at camp
- I have spent one night at camp

SCOUTING

## WINTER SKILLS 1



- I have built something out of snow
- I have prepared a good snack for a winter outing
- I always carry a water bottle when going on a winter outing
- I can keep my water bottle from freezing on a winter outing
- I have participated in a winter sports day
- I know how to dress to when I go outside in winter
- I know how to stay dry or change to dry clothes when I am outside in winter
- I know about the buddy system and why it is used when participating in outdoor activities
- I know to follow the instructions of the activity leader when at an outdoor event
- I have hiked at least 1 km in winter
- I know that I should not touch cold metal with bare skin, especially my lips or tongue

MADE BY DR. MILENA RADZIKOWSKA IN #YYC

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March 2020