

Writing

Try 1 task
per day

Click the link
or see below

- Brainstorm a list of ways you want to feel (loved, safe, happy, playful, etc.) and write them down. Then write down some ideas for what you can do to feel those ways. Use this list like a scavenger hunt and try to do everything on the list. Post the list in your house for everyone to use.
- Can you find items in your home that begin with every letter of the alphabet? Write out each letter of the alphabet and then go on a scavenger hunt around your home. Write down what you find for each letter. Can you find all 26?
- What book have you read that you want to tell someone about? Write out: the title and author of the book, what the book is about, why you enjoyed the book, who you think would enjoy the book and why. Share this information with someone.
- Scramble the letters in the saying APRIL SHOWERS BRING MAY FLOWERS to see how many new words you can create. Write them out. Challenge a family member to see who can find more words!
- Try out this [Kindness Scavenger Hunt](#) from Prodigy! Is there anything you'd like to add to the list? At the end of the week, write about how being kind made you feel.



Giving back and being kind feels good!

Kindness is also contagious for everyone around you, improving their mood and making it more likely for them to “pay it forward”! Who knows? You might inspire someone else to do something kind too!

How many of these random acts of kindness can you check off today? Challenge yourself to complete them all!

- Smile at someone
- Pick up something from the floor that you didn't drop
- Tell someone a fun fact that you think they'd find interesting
- Thank someone who cooks for you
- Do something to help your parent/guardian at home
- Pick one non-perishable food item to donate to a food bank
- Call a friend or grandparent just to say hello