



OCTOBER	Let's Follow The Giggles!
Week of The Chatterboxes	
1.	Read something silly – riddles, jokes, stories.
2.	Scat-singing.
3.	Tell a 'If I were a... I would...' story.
4.	Tear- and-tell a story.
5.	When you were a child – share your personal story.
6.	Create something out of cardboard. It's the Global Cardboard Challenge Day!
7.	Communicate in Gibberish.
Week to G.O (Get Out!)	
8.	Do a neighbourhood insect safari.
9.	Cloud watching.
10.	Coloured water sidewalk painting.
11.	Collect 5 different types of leaves.
12.	Play catching.
13.	Do a playground hop!
14.	Climb a tree.
Week to Monkey Around	
15.	Make monkey faces at each other.
16.	Mirror Game. Take turns copying each other's actions.
17.	Statue Game. Try to make each other laugh.
18.	Tickle each other silly.
19.	Just cuddle and hug.
20.	Do some forward rolls.
21.	Build a tent in your bedroom.
Week to Eat	
22.	Try a new fruit together.
23.	Make something to eat together.
24.	Sit and eat as a family.
25.	Share about your latest favourite food.
26.	Make painted toasts.
27.	Make a potato mouse.
28.	Invent a new family dish with everyone's favourite food item.
Week of The Whatever's	
29.	Towel Me Up. Play dress-up using only towels.
30.	Pick one idea from the month that didn't work to try again.
31.	Pick one favourite activity from the month to enjoy again.

“ A joyful heart is good medicine.”

Proverbs