

for PARENTS

#TWO WEEKS TO PEACE

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peace

SIMPLY, DO WHAT YOU CAN, WHEN YOU CAN.

DAILY: STRETCH, CONNECT, AND BE POSITIVE!

DAY 1

MAKE A LIST OF WHAT IS KINDA COOL ABOUT STAYING HOME. SHARE WITH YOUR STUDENT.

*kinda cool*

DAY 2

TELL A JOKE, OR FIND FUNNY PUNS—SHARE!

*laughter*

DAY 3

TAKE PICS OF THINGS YOU LOVE AROUND YOUR HOUSE. SHARE!

*home*

DAY 4

SAY SOMETHING INSPIRATIONAL OR HOPEFUL TO YOUR STUDENT.

*hope*

DAY 5

LISTEN TO YOUR KID. JUST LISTEN. NO JUDGEMENT, NO TALKING OVER THEM. WHEN THEY ARE DONE, ASK A QUESTION THAT SHOWS YOU WERE LISTENING.

*be heard*

DAY 6

*sing*

SING YOUR FAVORITE SONG, OR RECITE A POEM. PERFORM IT!

DAY 7

SHOW YOUR KID YOUR DORKY (OR AWESOME) DANCE MOVES!

*dance*

DAY 8

*hug*

HUG, CUDDLE OR HIGH FIVE YOUR KID (IF YOU CAN AND THEY ARE NOT SICK)

DAY 9

PLAY A BOARD GAME WITH YOUR STUDENT

*play*

DAY 10

*connect*

SAY SOMETHING INSPIRATIONAL OR HOPEFUL TO YOUR STUDENT.

DAY 11

LISTEN TO YOUR KID. JUST LISTEN. NO JUDGEMENT, NO TALKING OVER THEM. WHEN THEY ARE DONE, ASK A QUESTION THAT SHOWS YOU WERE LISTENING.

*be heard*

DAY 12

TELL A JOKE, OR FIND FUNNY PUNS—SHARE!

*laughter*

DAY 13

TAKE THIS CHANCE TO SHOW YOUR KID YOUR DORKY (OR AWESOME) DANCE MOVES YET AGAIN!

*dance*

DAY 14

SHARE WITH YOUR STUDENT HOW YOU HAVE GROWN IN THIS TIME AT HOME.

*stay strong*

BOOM!

*You did it!*

WE BELIEVE THAT ACTIVITIES THAT PROMOTE PEACE CONSIST OF HUMOR, PHYSICAL ACTIVITY AND TRANQUILITY.