

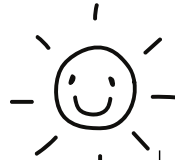


Smile Jar

Note: The activity ideas on this page may take more time and/or prep. You may want to print them on a different color for easy choosing depending on the time available.

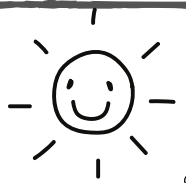
BAKE COOKIES

with a family member



PAINT

with watercolors



SCULPT

some clay into ocean animals

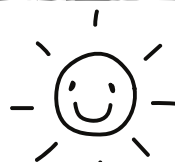
TAKE A WALK

in nature



HAVE A PICNIC

lunch outside



PLAY

a board game

MAKE A SEASHELL CRAFT

and display in your room

PAIN T OR DRAW

a beach scene

PAIN T OR DRAW

a beach scene

PAIN T ROCKS

fun colors & designs



Smile Jar

SAY "I LOVE YOU"
to someone you love

GO OUTSIDE
and play - 

SEND A SNAIL MAIL NOTE
to a friend or family
member

START A JIGSAW PUZZLE
& do a little each day

 SMILE
at someone.
It's contagious!

 PLAY
a game of
hide-and-seek

 COLOR
a page in a coloring book

IDENTIFY - 
a seashell you have

PLAY 
a game of thumb wars

TOUCH YOUR TOES
and do some stretches



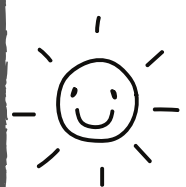
Smile Jar

GO CLOUD GAZING

and find shapes in the sky

HELP SOMEONE

with a project

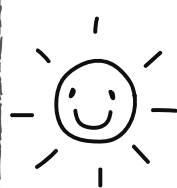


DO 3 YOGA OR
BALANCE POSES
while smiling

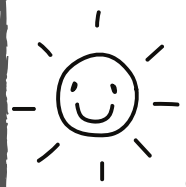
PAT YOUR HEAD &
RUB YOUR BELLY
at the same time

WRITE A NOTE

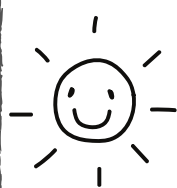
on a napkin or post-it
to someone special



PLAY
Eye Spy



READ A BOOK
outside or inside



BLOW BUBBLES
outside

FRAME A PHOTO

that brings back
special memories

HAVE A FROZEN TREAT

fruit drink, popsicle or smoothie

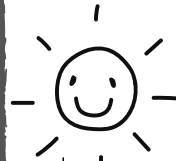


Smile Jar



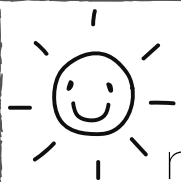
BE KIND:

give someone a compliment



BE KIND:

donate unused items

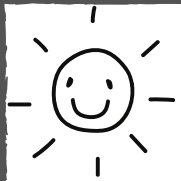


BE KIND:

recycle old boxes
or paper

READ A PICTURE BOOK

out loud



GIVE A HUG

to a family member

MAKE ANIMAL NOISES

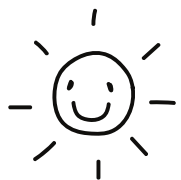
roar like a lion, bark like a dog,
meow like a cat, cluck like a chicken...

DO SOME JUMPING JACKS

while smiling

MOVE LIKE SEA ANIMALS

paddle like a sea turtle,
jiggle like a jellyfish,
splash like a dolphin...



DANCE

to some Hawaiian music

TOSS BEANBAGS

into a hula hoop from
different distances



Smile Jar

Write your own:

Write your own:

Write your own:

Write your own:

Write your own:

Write your own:

Write your own:

Write your own:

Write your own:

Write your own: