Raising-independent-kids.com

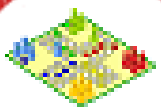
SPEND MORE TIME WITH YOUR KID

(even when you're crazy busy)

THE 30-DAY CHALLENGE

1

Play soccer

2

Play a board game

3

Take a walk

4

Chat

5

Do a chore together

6

Read together

7

Go on a bike ride

8

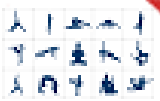
Dance

9

Do a DIY project

10

Do a puzzle

11

Do yoga exercises

12

Draw or color together

13

Listen to music

14

Fly a kite

15

Garden

16

Go on a nature walk

17

Go on a scavenger hunt

18

Play « I spy »

19

Make a sandwich

20

Paint

21

Pick leaves and flowers

22

Play a card game

23

Play hide and seek

24

Sing

25

Take a photo walk

26

Tell a story

27

Watch TV

28

Water plants together

29

Play a video game

30

Work out