Many parents don’t get to spend enough time with their kids - if we are all under quarantine we can use this as an opportunity to reconnect.  Please don’t sit your kid at the kitchen table doing worksheets for a month - there are so many more important things to learn.

1. How to tie your shoes
2. How to follow a recipe
3. How to make a meal plan & grocery list on a budget
4. How to write a resume
5. How to look after the house (mow the lawn, sweep the footpath, do the recycling, budget & pay bills)
6. How to be a good citizen (mow your neighbours lawn, take them a meal, sweep their footpath/ driveway)
7. How to read (ask questions about what they’re reading, read together, make predictions, discuss why characters behave the way they do)
8. How to write (keep a journal, keep a gratitude list, write instructions for something, write an alternate ending to favourite story or movie, write a story, keep a book of facts)
9. How to advocate for positive change in the world (write a letter, sign a petition, join an online group)
10. How to maintain a vehicle (how to check the oil, how to change a tire)
11. Build physical literacy (do yoga, play catch, play frisbee, kick a soccer ball, shoot hoops)
12. Build Fine motor skills (draw, colour, knit, crochet, cross- stitch, sew, weave)
13. How to exist without the internet (unplug it from 8-4 everyday)
14. Spend time with your kids!  Talk to them - ask them about their hopes & dreams & fears.
15. Have them research things they’re interested in (a place they’d like to visit, a career they might like, a hobby they’d like to learn)
16. Have them do a STEM challenge (build a tower, boat, bridge) out of random materials around the house