

# APRIL DAILY CHALLENGE

April is Child Abuse Prevention Month and Hood County for Healthy Children is focusing on creating strong families. We have created 30 daily challenges for your family to complete because when life is demanding we have a tendency to give our loved ones our leftovers rather than our best. Whatever it is that may pull you away from your family, make sure you're scheduling family activities to strengthen the family bond. Doing things together creates opportunities to connect and share deeper thoughts about life.

Do as many challenges as you can and check them off as they're completed. Don't forget to share your stories with us!

- Make dinner as a family (allow kids to choose)
- Read together for 20 minutes
- Go for a family walk
- Play a game together
- Have a dinner time conversation starter question planned
- Unplug from electronics and spend an hour with family talking about your day
- Participate in yoga or meditation as a family
- Take your family outside! Challenge each other to find shapes in the clouds.
- Drink water or milk with dinner instead of a sugary drink
- Have a family game night
- Go fishing at your favorite spot
- Wear blue for "Go Blue" month
- Create a family scrap book
- Look through old pictures and reminisce on old memories
- Create "busy bags" for your kid(s) to play with on road trips
- Teach your kid(s) a recipe and discuss why it's a family favorite
- Have a family movie night
- Volunteer in the community
- Play flag football as a family
- Create a homemade card and mail it to someone you love

- Search for constellations/stars
- Have a family BBQ
- Play basketball
- Work on a puzzle together
- Have a rap battle or create a family rap or song
- Create a time capsule and bury it in the backyard
- Collect and paint rocks
- Create a family handshake
- Have a family picnic
- Create your family tree and discuss why it may look different from a "traditional" tree

## SHARE YOUR STORIES WITH US!

Use **#HC4HCAprilChallenge** on Facebook to share pictures and stories of your family completing challenges to support Child Abuse Prevention Month.



The Center for Children's  
Health

**Hood County**  
for Healthy Children  
led by Cook Children's

