

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11 Tell each other what you are grateful for during a meal together.</p>	<p>12 Start your vegetable garden indoors.</p> 	<p>13 Play your favorite music and dance your heart out.</p>	<p>14 Call or Facetime a friend or family member.</p>	<p>15</p>  <p>Go for a family walk!</p>
<p>18 Victoria Day Enjoy family time!</p>	<p>19 Use some chalk to create happy messages on your driveway!</p> 	<p>20 Ask an adult if you can help them make supper.</p>	<p>21 Read a book while sitting in the sun.</p> 	<p>22 Talk about how you have been feeling with an adult that you are close to.</p>