

M

make  
something  
Monday

crafts or  
projects

Tu

time to  
read  
Tuesday

weekly trip  
to the library

W

whats  
cooking  
Wednesday

baking or  
cooking

Th

be  
thoughtful  
Thursday

write letters,  
make cookies,  
do a service  
etc.

F

somewhere  
fun  
Friday

go swimming,  
visit a museum,  
get out of  
the house!