

# 30 RANDOM ACTS of FAMILY, FITNESS, and FUN

## *Holiday Edition*



Go on a Hike with Your Family	Create an Indoor Scavenger Hunt	Create a Game Using Food Cartons, Boxes, and Containers	Do a Chore for Someone in Your Family	Surprise Your Parents by Vacuuming the Floors	Ride Your Bike for 20 Minutes or More	Write the Addresses on Your Family Holiday Cards
Build a Fort with Couch Cushions and Pillows	Make up a Dance and Teach it to Your Family	Write a Personal Holiday Greeting to a Friend	How Many Compliments Can You Give Family and Friends?	Toss a Stuffed Animal in the Air and Catch it 50 Times	How many Stacked Pillows Can You Jump Over?	Donate Your Change to a Charity of Your Choice
Make a Game with a Laundry Basket and Rolled Up Socks	Design a Workout with at Least 4 Exercises for Your Family	How High Can You Build a Tower with Playing Cards?	Write a Letter to a Teacher From the Past or Present	Make Your Own THANK YOU Notes	Have a Dance Party With Your Favorite Holiday Music!	Organize a Family Game Night
Practice Your Standing Long Jump and Measure Your Distance	Volunteer at a Local Charity	Call or Facetime a Relative	Play Catch with a Sibling or Parent for 10 Minutes	Bake Holiday Cookies for Family and Friends	Jump Rope While Singing Your Favorite Holiday Songs	Hold a Plank and Count by 5's to 200, 2's to 100
Design an Outdoor Obstacle Course	Help Make a Healthy Holiday Meal	<ul style="list-style-type: none"> <li>• Each day choose at least one activity to complete.</li> <li>• If you want to repeat an activity already completed, great! Enjoy what you love.</li> <li>• How many activities can you complete throughout the next 30 days?</li> </ul>				



# CONGRATULATIONS

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of

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*Teacher*

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*Date*