

APEX



ACTIVITY

PACKET



DAILY RISE:



sunday	monday	tuesday	wednesday	thursday	friday	saturday



1. EAT BREAKFAST 2. MAKE BED
3. BRUSH TEETH 4. GET DRESSED

EARN FREE TIME

20 min outside play

draw/write a story

teach someone something new

help clean 1 room

try a new food

20 min of reading

BEDTIME TASKS

sunday	monday	tuesday	wednesday	thursday	friday	saturday



1

Take a bath

Scrub a dub dub! Make sure to hang your wet towel.

2

Pajamas on!

Did you put your dirty clothes in the hamper?



3

Brush teeth

Make sure to floss too!

4

Story time

Read a few pages and then ...

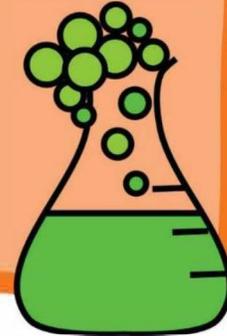


lights out...zzzzzz

Letter to your teacher...

Dear _____,

A new thing I learned about is:



My favorite board game is :



The best part of school is:



Sincerely _____,

indoor activity BINGO

DANCE PARTY	PLAY A BOARD GAME	LEARN TO DRAW YOUR FAVE ANIMAL	EAT FRUITS & VEGGIES	SEE THE SUN RISE
SING A SONG	MAKE YOUR OWN LUNCH	DO A CHORE	SLEEP IN A TENT	CALL A LOVED ONE
MAKE MICROWAVE SMORES	BUILD A FORT	FREE SPACE	CREATE AN OBSTACLE COURSE	BIRD WATCH
DECORATE A PET ROCK	FACETIME A FRIEND	READ A BOOK	ORGANIZE YOUR ROOM	LEARN SOMETHING NEW
DRAW WITH CHALK	DO YOGA	BUILD A FORT	BAKE COOKIES	ACT OUT A SKIT

Splash KINDNESS

share a
toy

make a list
of people &
things you're
thankful for

make a
handmade
gift

let someone
know you
appreciate them

give a
compliment

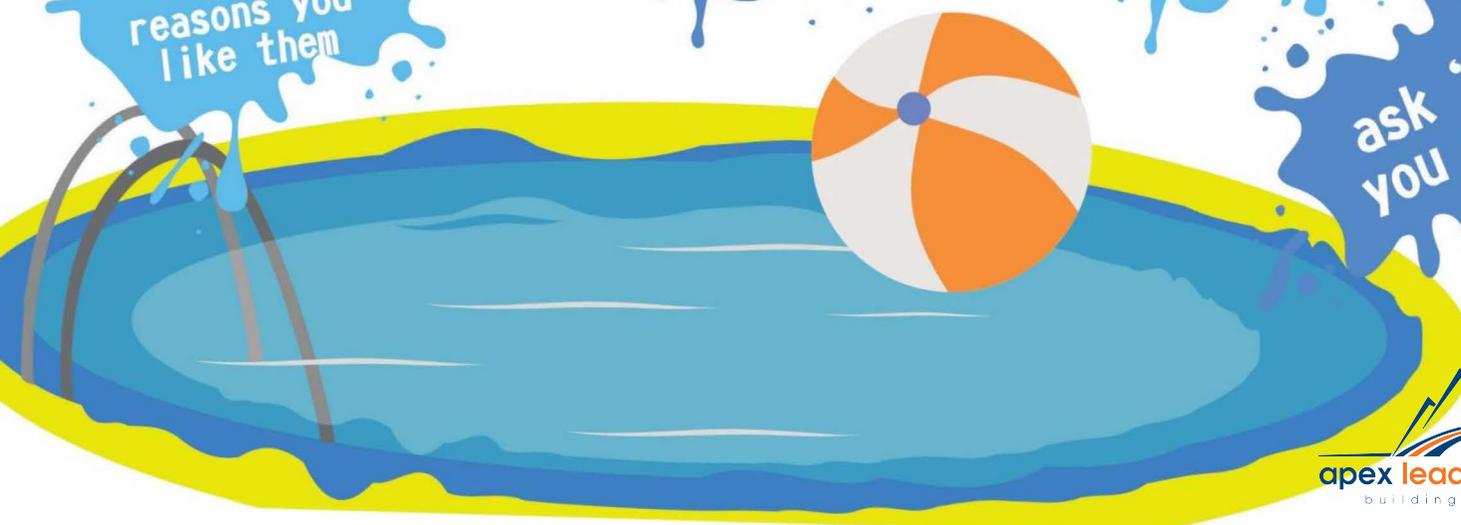
offer to
help with
a task

make someone
else's bed

read to a
family
member

tell someone
all the
reasons you
like them

ask "are
you ok?"



ROAD TRIP Virtual Edition



1. The Golden Gate Bridge opened in 1937. In which U.S. City is this famous bridge located?

2. In which state would you find Mount Rushmore?

3. This famous Arch contains the name of the city it is located in, and is also known as the Jefferson National Expansion Memorial. In which city is this monument located?



4. The Willis Tower is one of the tallest buildings in the world. In which city can this skyscraper be found?

5. Graceland is the famous mansion of Rock and Roll legend Elvis Presley. In what city can this famous landmark be found?

6. The Empire State Building is named after the nickname of which state in which it is located?

7. The world's largest aquarium can be found in which U.S. city?

8. Monument Valley borders two states; in which two states can one find this spectacular valley?

9. Stone Mountain is claimed to be the largest exposed granite stone in the world. In which state can this landmark be found?

10. The Devils Tower National Monument can be found in which state?



FULL STEAM AHEAD



S

Science: Create a log of each moon's phase for 30 days. Then recreate using Oreo cookies. You can eat once completed!

T

Technology: Make a map of your house. Using North, South, East, and West direct a family member to different rooms.

E

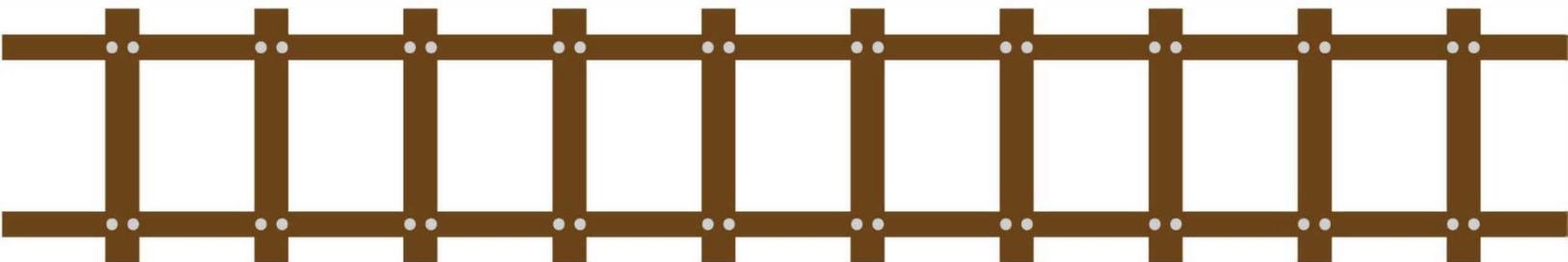
Engineering: Create the farthest flying paper airplane. Challenge your family members to join the competition. What made your plane fly the fastest?

A

Art: Create a puppet show of your favorite story book. You may cast family in the show if you read them the book first.

M

Math: Write the numbers 1-6 on 6 plastic cups and stack in a pyramid. Take 3 steps back. Use a Nerf gun or ball to knock over the cups. Add up the numbers on cups and record them. Battle a family member and see who wins!



FUN WEEKLY AGENDA

M

Make - It Monday

Make your own obstacle course! Challenge someone to see who completes it in the fastest time!

Tu

Take a Trip Tuesday

Create an art gallery of your artwork and take someone on a grand tour around your gallery!

W

Wild Card Wednesday

Design a card for someone and let them know all the things you love about them.

Th

30 Minute Thursday

Create your own secret code and use your code to write messages to someone.

F

Fun Food Friday

Play a game of "Would you rather - Food Edition!" Start with, would you rather eat worms or a cheeseburger smoothie? Then GET CREATIVE!!

WRITE YOUR OWN SECRET CODE!



Use the table below to make your own secret code. Put a number, a different letter, or a shape into each box. Then, use your code to write some messages to someone.

A	B	C	D	E	F	G	H	I	J	K	L	M

N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Write your own top secret messages:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

SECRET AGENT

IN TRAINING

Name: _____

Code Name: _____

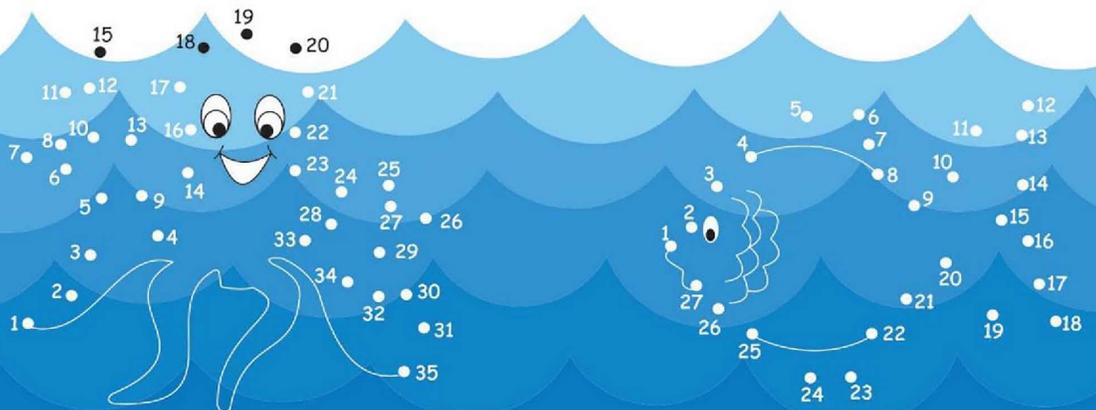
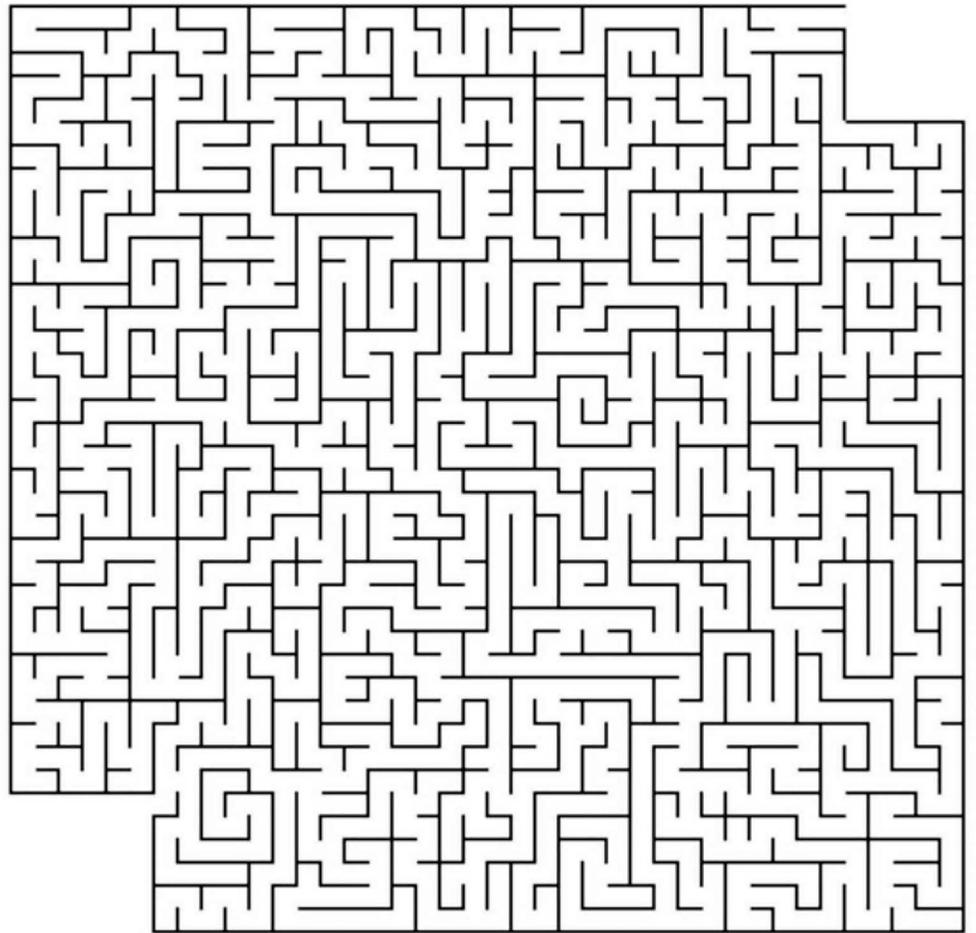
Make
your
own
Secret
Agent
ID



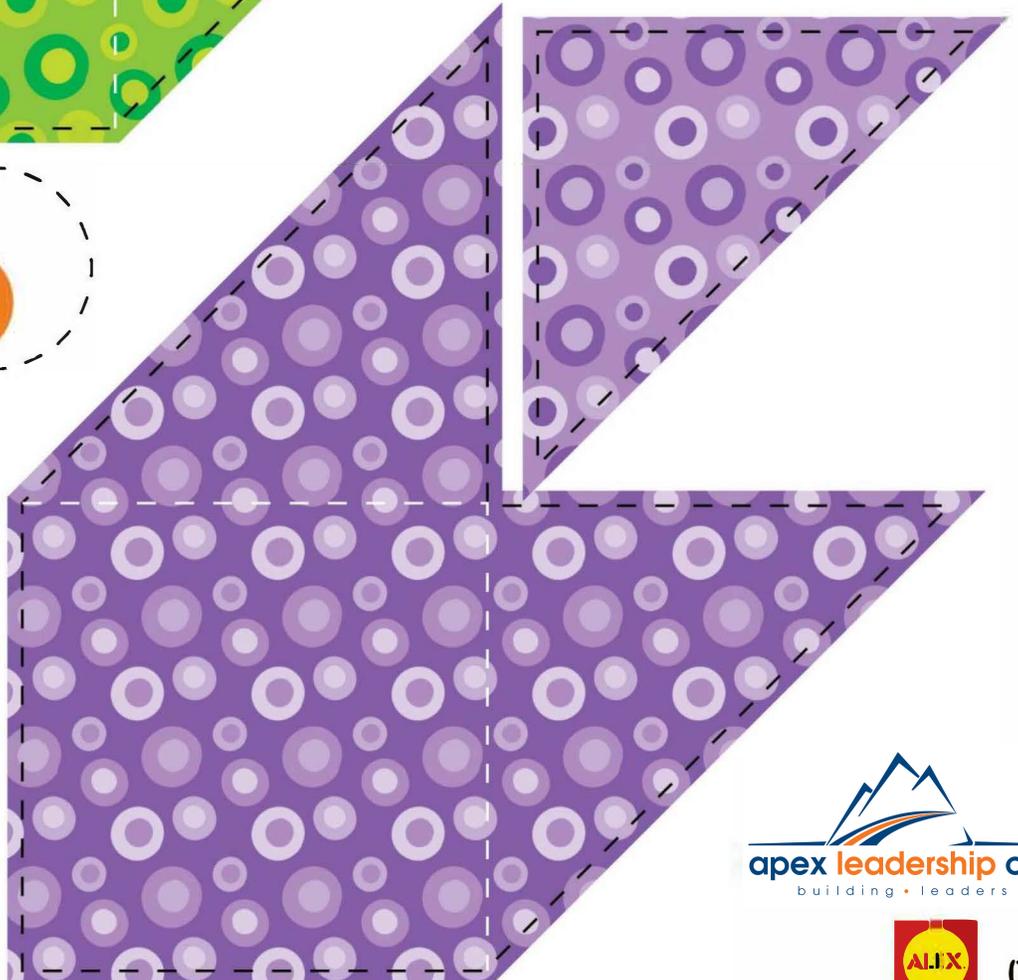
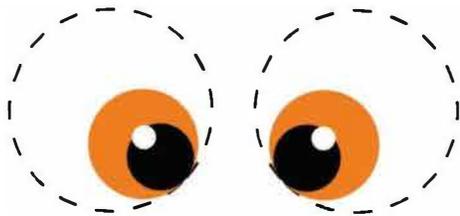
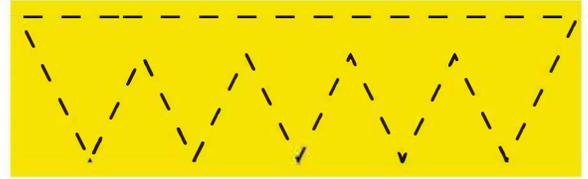
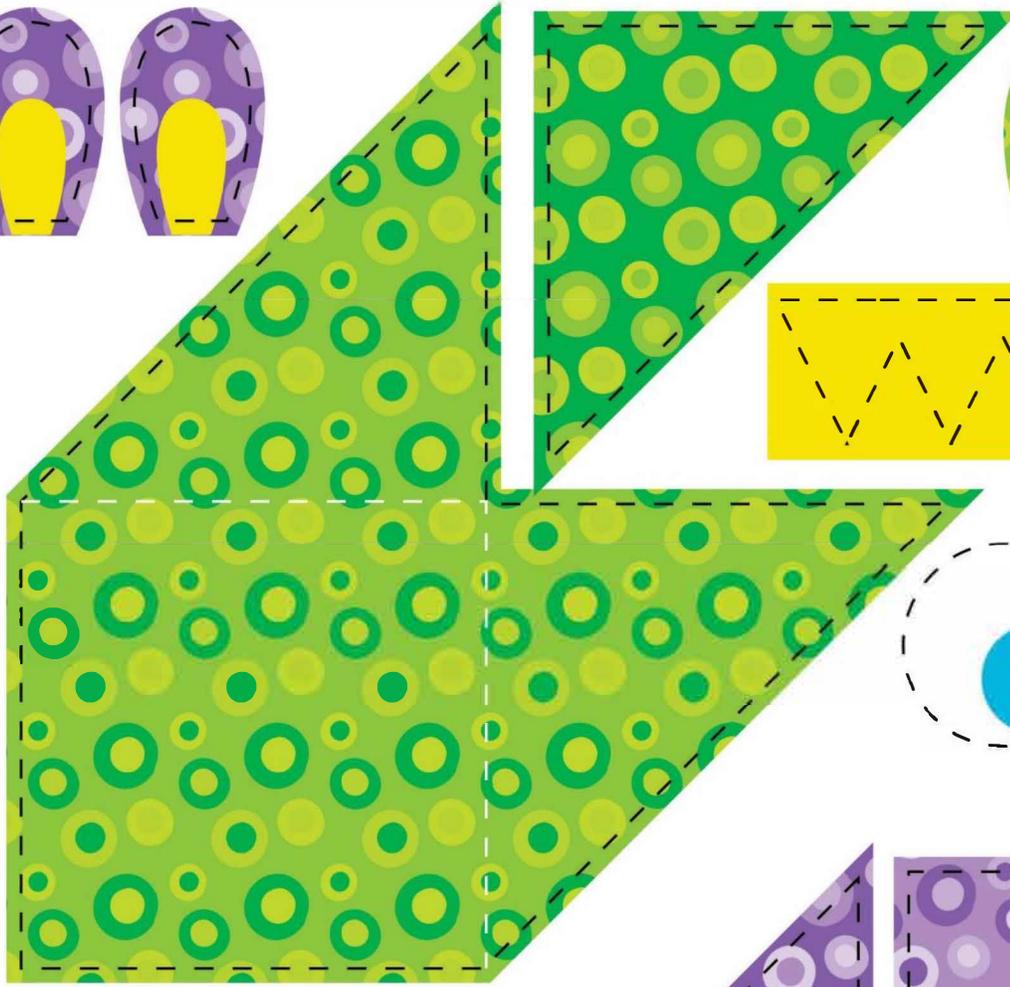
SURFS UP



Help the surfer find his way through the maze to get to his surfboards.



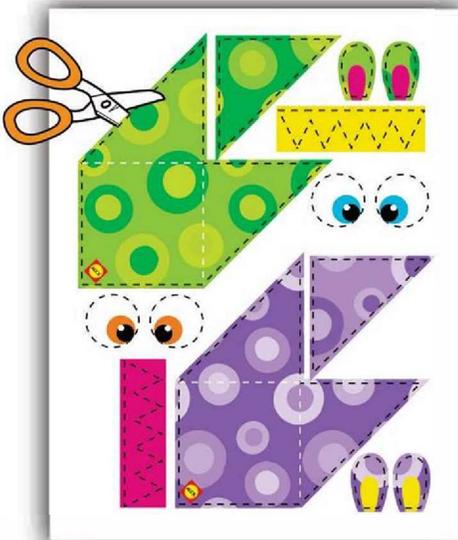
Make a Monster Bookmark



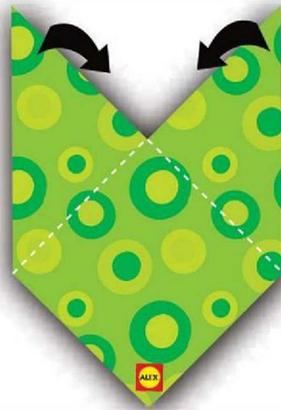
Monster Bookmark Instructions

- You will need:
- scissors 
 - glue  or 

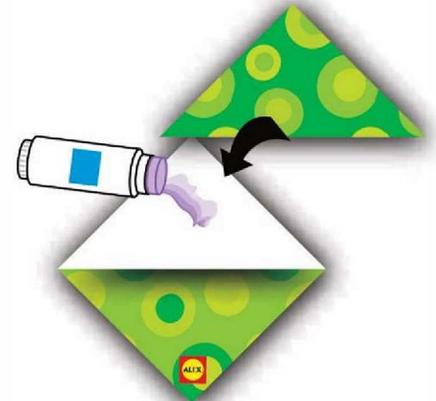
1. Cut out all of the shapes along the dotted lines -----



2. Fold the top corners in on the white dotted lines to make a square



3. Glue triangle on top flap



4. Glue teeth under the top triangle



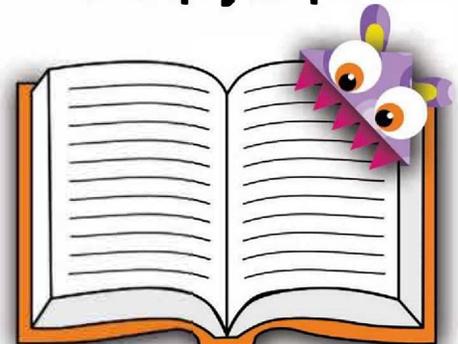
5. Glue the ears onto the back and add eyes to front



6. Your monster bookmark is complete!



slide your monster onto the corner of your page to keep your place





Eat a Rainbow Every Day

Keep track of the colors you eat each day!

	Blue & Purple 	Green 	White & Brown 	Yellow & Orange 	Red 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Pizza Roll Ups

INGREDIENTS

- 1 String Cheese
- 1 Tortilla
- 1 Tbsp Pizza Sauce
- 3-4 Slices of Pepperoni or Salami



INSTRUCTIONS

1. Place pizza sauce on tortilla and spread it around.
2. Add pepperoni or salami on top of sauce.
3. Add string cheese to the bottom of the tortilla, and slowly roll the string cheese up in the meat and tortilla.
4. Ask for help to slice into 4 pieces.

Fruit Kebabs

INGREDIENTS

- 6 Strawberries
- 6 Chunks of Cantaloupe
- 6 Chunks Pineapple
- 3 Thick slices of kiwi (cut in half)
- 12 Blueberries
- 6 Grapes



INSTRUCTIONS

1. Thread 1 strawberry, 1 cantaloupe melon chunk, 1 pineapple chunk, 1 half kiwi slice, 2 blueberries and 1 grape onto a bamboo skewer approx 7.5 inch long
2. Place on a platter and serve with a dip of choice.

My Gratitude Jar

Think about different people, things, and events you are grateful for. Write what and who you are grateful for inside your "Gratitude Jar" below.





map of my heart

Draw pictures or write down some of the people, places or things that are close to your heart!

