

# KidS Corona Quarantine Scorecard

## How to Play:

1. Participate in as many of the activities as possible with your kids!
2. Mark them off as you achieve them and tag us on social media @Stubbendieck Chiropractic #quarantinefun!
3. Stay connect with us on social media as Random Scorecard
4. Have a blast!

Get 20 minutes of physical activity (or join our virtual classes)	Write a letter or draw a picture to a friend/family member	Have a dance party! We can't wait to see your videos :)	Drink an extra glass or cup of water	Ask your kids & write down 5 things they are grateful for.
Play catch outside	Watch a sunset.	Take 4 deep breaths in and touch your toes on the exhale	Watch a Disney movie.	Make an extra call to grandma/grandpa or a family member
Draw with chalk outside	Take 5 minutes to sit outside and look at the stars	Go for a nature walk and post it to our wall	Play a board or card game	Get 20 minutes of physical activity (or join our virtual classes)
Dress up for a tea party or as your child's favorite super hero/character	Learn how to say hello in another language	Make a blanket tent or fort	Post a pic of your child helping in the kitchen	Post a cute picture of your kid to our FB wall and use #quarantinefun
Eat an extra vegetable serving	Do a creative project	Get adjusted!	Read a book together (or 2 or 3!)	Draw/color a picture

