

Focus Activity Calendar

Week	Monitor screen time	Take breaks together	Get active	Be mindful	Focus with food
Week 1	1	2	3	4	5
Welcome to the Focus Challenge! This is a tool you and your family can use to do activities each week that can help you practice focus. The goal is to try to do an activity 5 times a week. Here are 4 weeks of activities you can do in any order!	Read the Focus module and click on the links that interest you. Think about the screen time your family will use for the week.	Make a Break Basket for you and/or your children. Use the worksheet shared in the module. Click here!	Get physically active! Pick a physical activity to do as a family! Maybe a dance-party, walk, or shooting hoops?	Pick a couple of the mindfulness meditations shared in the module to do or find your own.	Create a shopping list with your children using the Grocery Store Game Plan here .
Week 2	1	2	3	4	5
Bonus Challenge!!! Every day have each family member list 3-5 things they are grateful for! (Little things count too!) Write it down or just share verbally.	Plan a screen time budget for the family for the week. Decide how much, when, and for what purpose.	Game Night (or any time of day)! Pick a family board game or card game and enjoy your time together!	Go for a brisk 20-minute walk as a family! If you want to go more than 20 minutes, go for it! If you want to run or play a game instead, go for it!	Read a book to your children. For older children, take turns reading chapters each night. Or download an audio book and listen together.	Plan meals and make a shopping trip if necessary, Use some of the ideas from the Focus on Food section of the Focus module.
Week 3	1	2	3	4	5
	Plan a screen time budget for the family for the week. Decide how much, when, and for what purpose.	Make a goal to take three meaningful breaks today. Everyone decides when and what their breaks will be. If you can do them together, all the better!	Do Family Yoga or other relaxation exercises. You can use this link here . If you can go to a class, that is great too!	Try to do a meditation for at least 10 minutes, 3 times today.	Cook a meal together, eat together, and clean together. This is a great chance to share your daily gratitude as part of the Bonus Challenge!
Week 4	1	2	3	4	5
	Plan a screen time budget for the family for the week. Decide how much, when, and for what purpose.	What breaks have worked best for you and your family so far? Practice your favorite breaks today!	Get 30 minutes or more of moderate physical activity as a family today!	Adult and kid coloring book time! Or, even better, freestyle draw and color. You could also paint or use any art activity you have on hand.	Make half your plate at each meal fruits and/or veggies. Canned, fresh, frozen, and 100% juice all work! Need ideas: www.choosemyplate.gov