

Weekly Activity Planner

50 activities, one easy week · plan it once, let your kid check it off

Week of

- Move – burn energy
- Make a mess – sensory & art
- Beside you – they help you
- Quiet time – solo & calm

	MON	TUE	WED	THU	FRI
Move burn energy	did it!	did it!	did it!	did it!	did it!
Make a mess sensory & art	did it!	did it!	did it!	did it!	did it!
Beside you they help you	did it!	did it!	did it!	did it!	did it!
Quiet time solo & calm	did it!	did it!	did it!	did it!	did it!

I Did It! ☆☆☆

Color a star every time you finish an activity. Fill a whole row? You're a superstar!

MONDAY



TUESDAY



WEDNESDAY



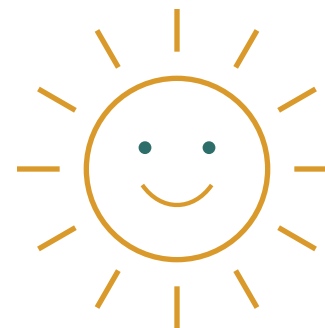
THURSDAY



FRIDAY



COLOR ME!



My favorite activity this week was:

Next week I want to try: