

# January 2021

"What we think we become."

- Buddha



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Years Day	2
3	4	5 Invent a recipe. Give your child some creative freedom.	6	7	8 Visit a local business and show your appreciation.	9
10	11 "I am..." What are they proud of? Draw a picture.	12	13	14 Explore children's books by Monique Gray Smith.	15	16
17	18	19	20 Colour in a colouring book and stay within the lines.	21	22	23
24	25 Talk with child your about who they want to thank today.	26	27	28	29 Encourage your child to try something new.	30
31						

Activity Colour Log:

Blue = Community

Green = Indigenous & The Land

Purple = Well-being