

LOVE YOU MONTH

LITTLE
HOTDOG
WATSON

4 Weeks Kids Challenge

	1st Week	2nd Week	3rd Week	4th Week
	Love where you live	Love yourself	Love your family	Love your friends
WED	Prep Day: Gather any bits for the tasks and talk about the upcoming fun.	Prep Day: Gather any bits for the tasks and talk about the upcoming fun.	Prep Day: Gather any bits for the tasks and talk about the upcoming fun.	Prep Day: Gather any bits for the tasks and talk about the upcoming fun.
THU	Take a drink al fresco. Sit on your doorstep + take a good look at your neighbourhood	Jot down 3 things you love about yourself. Keep the paper somewhere safe.	Share three things you love about each other and why	Act of kindness, do something lovely for a friend liwrite a kind note or draw a picture f
FRI	Litter Pick for 15 mins. Make your world tidier. Don't forget your gloves	Hugging day. Give yourself a hug then head out and find a tree to hug.	Phone down time for 30minutes. Play together uninterrupted	Smile your biggest smile to everyone you meet today
SAT	Nurture where you live. Pull up weeds, plant wild seeds or hide a painted stone.	Make a playlist of all your fave songs and dance like no-one l watching.	Walk and talk. Walk alongside each other holding hands for 20 minutes.	Have a laugh off. You start laughing + then help them to laugh. Laugh til your cheeks hurt.
SUN	See the world differently, lie on the ground + look up or climb up + look down.	Say thank you out loud to 5 parts of your body. Thank you feet for my balance	Share the love. Look through toys and clothes together. What can be passed on.	Sunny reads. Take aa book outside + read to each other.
MON	Stand outside, close your eyes and listen to the music of your neighbourhood	Choose your own outfit using the word 'fabulous' as inspiration.	Get up early wrap up warm, cosy up and watch the sunset with a hot choc (or sunset)	Teamwork. Create something together; build a den, or the tallest lego tower.
TUE	Make the outside funny, add googley eyes or create art.	Stretch. Reach to the stars and to your toes. Then pause, close your eyes and rest	Create a happy plan for next week with 5 things you love doing together.	Do something kind together for someone else. Help with a task, draw a picture