

A Recipe for PLAY

Ingredients:

10-20 minutes each day

List of activities and arts skills you enjoy exploring

Imagination

Materials (optional) for various pursuits.

Directions:

1. Create a list of activities or arts skills you'd like to explore
2. Identify/schedule 10-20 minutes of time in any area of your day (doesn't have to be all at once).
3. Add one item from your list to your daily schedule for a full week.

PLAY CHECKLIST

- | | | |
|--|---|--------------------------------|
| ☐ Sketch/Doodle | ☐ Make a time capsule | ☐ _____ |
| ☐ Paint | ☐ Plant something | ☐ _____ |
| ☐ Sing | ☐ Create a new recipe | ☐ _____ |
| ☐ Have a dance party | ☐ Create a self-portrait | ☐ _____ |
| ☐ Create a musical instrument and play it | ☐ Go camping | ☐ _____ |
| ☐ Act out a favorite movie scene | ☐ Go on a scavenger hunt around town | ☐ _____ |
| ☐ Build a fort inside | ☐ Create a cartoon | ☐ _____ |
| ☐ Go to a park and swing | ☐ Make up a song | ☐ _____ |
| | | ☐ _____ |