**MONDAY**
Build a fort with blankets, sheets, pillows, and cushions. Hide inside it and then climb over it like a monster.

**TUESDAY**
See if your child can beat his best time while doing crab walk, wheelbarrow, hopping, or animal races.

**WEDNESDAY**
Play monster in the middle. The "monster" can growl and screech while they try to steal the ball from two people playing catch.

**THURSDAY**
Have a dance party and freeze when the music randomly is paused.

**FRIDAY**
Set up an outdoor pouring station with cups, bowls, funnels, scoops, and spoons. Fill a plastic dish bin with water and let the wet fun begin.

**SATURDAY**
Have a sock matching race by using basket full of clean socks that need to be paired. Whoever gets the most pairs wins.

**SUNDAY**
Play dress up parade. Dress up and walk around the house waving as if you are in a parade.

**LITERACY TIP:**
Exercise is a great way to build self esteem that transfers into learning. Kids with a healthy self image grow confidence when trying new challenges like reading.