

April 2020

Activities for Self-Isolation



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Keep everyone in your home entertained with these fun ideas. When you can, insert some culture into the game! Parents and Kids who feel connected to their community and history have more confidence, feel more secure, and make good decisions.

5 Learn a childhood game from an Elder

6 Ask an Elder to tell their best hunting/fishing/trapping story

7 Give everyone in your home a staring contest

8 Research one of the clans of Wabaseemoong

9 No screens today! Notice how it feels.

10 Learn about an Anishinaabe teaching, online or from an Elder

11 Draw a map of our community

12 Try drumming & dancing in the backyard

13 Make a fave childhood recipe

14 Plan what you'll do on this day next year in 2021

15 Make a video of your family line dancing

16 Go outside & identify 5 spring smells

17 See who can use the most Ojibwe words today

18 Gather everyone & share the story of your happiest memory

19 Go star-gazing & make up your own constellation

20 Do a karaoke video of your favorite song

21 Make a traditional recipe

22 Write a letter to your great-great-grandparent. What would surprise them about your life?

23 Do a good deed for a neighbour. Don't get too close!

24 Set up your child for a phone date with a friend

25 Write a letter to your great-great-grandchild. Make a time capsule.

26 Let the youngest make decisions today and parents do the kid's job

27 Try a craziest jigging competition. Hand make the prizes.

28 Learn about traditional medicines today. Make tea!

29 Set up an obstacle course in the backyard

30 List 5 things you'd like to do next month and build your own calendar!



30 actions to look after ourselves and each other as we face this crisis together.

For more information on COVID-19 please call **(807) 407-8791**



WABASEMOONG INDEPENDENT NATIONS