



Child Abuse Prevention Month

Kids' Activities Calendar 2020



This is a difficult time for all of us, so we want to saturate social media and homes with positive moments. As you participate in a few or all of these daily activities, we encourage you to promote your work on social media using

#HealthyAtHome #CAPM2020 #TogetherKY #TeamKentucky.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>Make a pinwheel day! Go to www.pcaky.org/child-abuse-prevention-month to download instructions.</p>	<p>Decorate your door day! Decorate your door or window using the theme: What Makes Kids Happy.</p>	<p>Wear BLUE Day! Snap a selfie wearing blue and post it to social media using #WearBlue4KYKids.</p>	<p>Sidewalk Chalk Day! Decorate your sidewalk with a happy moment you've had.</p>	<p>Make a card day! Create a card for your grandparent, parent, teacher or friend. Ask parents to mail them out or send them virtually!</p>
<p>Draw a picture of our Governor! Draw a picture of Governor Beshear, show us and we will tag him in your responses!</p>	<p>Ask a helper day! It can be hard to ask for help, especially in times like these. Show kids it's okay to ask for help when they need it.</p>	<p>Creative in the Kitchen day! Make a meal as a family. Snap a photo and show us how you did using #CAPM2020</p>	<p>Bake a Cake Day! You made the meal yesterday, but now it's time for dessert! Bake a cake, and post to social media using #CAPM2020 to show us how you did (bonus points if it's blue).</p>	<p>Wash your hands Day! Are you staying #HealthyAtHome? Show us by posting a video or photo of you washing your hands!</p>	<p>Superhero Day! Watch your favorite super hero movie and then dress up! Use a sheet for a cape and fly around the house. Let us know who your hero is using #CAPM2020.</p>	<p>Build a pillow fort day! Bring some pillows and blankets to the living room to build a fort. Take a photo and post using #CAPM2020.</p>
<p>Talent Show Day! Does your family have special talents? Flaunt them in your living room! Take a photo or a video and show us #CAPM2020</p>	<p>Puzzle Day! Solve a puzzle as a family! The harder the puzzle, the more family fun! Show us the finished product #CAPM2020.</p>	<p>Treasure Hunt Day! Make a hidden treasure, design a map and go hunting as a family. Let us know how it went #CAPM2020.</p>	<p>Do one nice thing for your mom or dad! What's one thing your mom or dad would love? Make that happen for them today!</p>	<p>Do one nice thing for your sibling or cousins! Getting along with our siblings or close cousins can be hard sometimes, but today we challenge you to do something nice!</p>	<p>Pet Day! Do you have a cool pet? Show us! We want to see all the animal pictures today. Use #CAPM2020 and get creative!</p>	<p>Favorite Outfit Day! Show us your most favorite outfit today using #CAPM2020! Even if you're not going anywhere, sometimes it's nice to get dressed up.</p>
<p>Play a board game day! Play a board game as a family. Take a video and post to social media to let your friends know you're #HealthyAtHome.</p>	<p>What's one thing you learned today? Have you been staying in touch with your teachers or doing lessons from home? Tell us what you learned today!</p>	<p>Make a list of your favorite things to do! What is your all time favorite activity or hobby? Show us using #CAPM2020.</p>	<p>Best Friend Day! What's your favorite thing about your best friend? Draw a picture and tell us why you love them using #CAPM2020.</p>	<p>Book day! Read a book as a family, even if your child is 18! Snap a picture and show us what you're reading #CAPM2020.</p>	<p>Holiday in April Day! Get cozy and put on your favorite holiday movie to watch as a family.</p>	<p>BLUE Sunday! Clergy, are you hosting virtual services? Today is Blue Sunday! Wear blue while you record or go live to support child abuse prevention!</p>
<p>Scavenger Hunt Day! What blue items do you have in or around the house? Better go find them! It's blue scavenger hunt day!</p>	<p>Take flight day! Make your best paper airplane and see whose flies the farthest! Show us your designs #CAPM2020.</p>	<p>Put on a Puppet Show! Get out your blue socks and put on a puppet show! Take a video of the show and let us know how it went #CAPM2020.</p>	<p>Make a time capsule day! One day, we will look back on #CAPM2020 with thankfulness for the time spent as a family. Make a time capsule to commemorate the month!</p>	 <p>Prevent Child Abuse Kentucky™</p>		