

QUARANTINE KIDS' CHALLENGE

Have your kids work together as a team to earn points in this competition. There are 1-2 bigger projects each week that can be completed to earn points with additional smaller challenges/ways to earn points throughout the week. The amount of points earned each week will determine that week's reward. Points will reset each week.

Mini-Challenges

- Everyone goes to bed on time – **100 points/day**
- Helping with household chores (above and beyond expectations) – **100 points/day**
- Age appropriate physical activity; 30 min/day – **50 points/day**
- Reading books – **200 points per (age appropriate) book**
- Helping family member without being asked – **100 points**

Example Rewards

1200 points: Special takeout meal from favorite restaurant

1000 points: Free pass from chores for the week

800 points: 30 extra TV/device minutes per day for the week

Weekly Challenge Projects

Week 1 Project:

- **Decorate your bedroom** – Kids will decorate their bedrooms to represent a parent-chosen theme (world travel, sports teams, etc).
 - Participation/Completion – 100 points per kid participating
 - Creativity – up to 500 points

Week 2 Projects:

- **Lego Design Competition (group)** – Give kids a box of legos* of various colors to create the coolest lego design. This can be anything you want. Get creative!
 - Participation/Completion of Project – 100 points per kid participating
 - Creativity – up to 500 points
- **Make a vision board/goals poster (individual)**
 - Completion of Project – 100 points per kid

**Don't have legos? Use Play-Doh, construction paper, or blocks!*

Week 3 Project:

- **Story Competition (group)** – Kids will come up with a fun, inspirational or educational story together. Write the story and illustrate it. This should be a story that could be read to a young child! Keep it simple and appropriate.
 - Participation/Completion of Project – 100 points per kid participating
 - Creativity – up to 500 points

Week 4 Projects:

- **Baking Competition (group)** – Give kids a set of ingredients with baking directions and a picture of a cake they are trying to replicate.
 - Participation/Completion of Project – 100 points per kid participating
 - Execution – up to 500 points
- **Letter to Past Self (individual)** – If you could write a letter to your past self (any age) what would you say?
 - Completion of letter – 100 points per kid (one lined page long)

Week 5 Projects:

- **Cooking Competition (group)** – Give kids a cooking theme, and have them make a dish (this activity should only be done under supervision or with age appropriate kids).
 - Participation/Completion of Project = 100 points per kid participating
 - Taste/presentation of dish – up to 500 points
- **Letter to Future Self (individual)** – If you could tell your future self anything, what would you say? What is your future self doing & where are you at in life?
 - Completion of letter – 100 points per kid (one lined page long)

Week 6 Project:

- **Quarantine Time Capsule (individual)** – Each kid in the family should complete a time capsule project. Fill a time capsule with things that represent fun memories or unique activities your family has done during quarantine. This will offer something positive to look back on from this difficult time.
 - Completion of project – 200 points per kid

Week 7 Projects (5/11-5/15):

- **Front Porch Chalk Mural (group)** – Give kids sidewalk chalk to complete the best mural they can come up with.
 - Participation/Completion of Project = 1000 points
 - Creativity and execution – up to 2000 points

Tried the Quarantine Kids Challenge? Tag the YOC on Facebook with your pictures and successes with the hashtag #yocquarantinechallenge!