

## Activities Tracker

<p>Social Connection (Friends or Family)</p> <p>e.g. Facetime, Phone Call, Talking on a game</p>	
<p>Creative Activity</p> <p>e.g. Drawing, painting, making something</p>	
<p>Games (Board Games or Card Games)</p> <p>e.g. Uno, Monopoly, Snakes and Ladders</p>	
<p>Relaxation or Calming Activity</p> <p>e.g. Reading, Watching TV, Lying in Bed</p>	
<p>Outside Activity</p> <p>e.g. Riding Bikes, Walking, Soccer</p>	



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<p>Food Activity</p> <p>e.g. Cooking, Baking, Setting the Table, Doing the Dishes</p>	
<p>Independent Activity</p> <p>e.g. iPad, Playing with Toys</p>	
<p>Fun Activity</p> <p>e.g. Something that makes you laugh or smile</p>	
<p>New Skill or Activity</p> <p>e.g. Something that you haven't done before</p>	