Routines help children (and parents) remain calm and regulated. By having a theme each day of the week, you and your child can balance structure and spontaneity. It is really fun for all.

**SPREAD SOME MAGIC MONDAYS**
Enjoy a community adventure where kids discover the magic of spreading some happiness. Complete a total 5 activities from the Spread Some Happiness board and enter to win a $250 dollar gift card at Zippity Zoom Toys.

**TASTY TUESDAYS**
Throw on your apron and join mom or dad in the kitchen to learn some skills and try something new. Kids love learning how things are made and tasting something new.

**WICKED WATER WEDNESDAYS**
Head out to your favourite splash pad, water park, or pool. Don't leave out backyard water fun too including sprinklers, water balloons, slip and slide, and water fights.

**TIME TO READ THURSDAYS**
It's time for the weekly trip to the local library. Return old books, stay for story time, and look for new books to read and explore together.

**FAMILY FUN FRIDAYS**
Go on a field trip, plan a play date, family picnic or head to the beach. Plan our your family's favourite activities each Friday to end the week on a high.