

2017

Family Fun Calendar

Kids with Character

This year's family fun calendar continues with the theme of building character in ourselves and in our kids. Each month we present a different character trait for your family to discuss and practice. Along with a brief description of the trait - the calendar includes lists of "Everyday Practice" ideas, books to read and a place for your notes.

You will also find simple activity ideas on each calendar square. These activities can be enjoyed by people of all ages and most can be done with items you have around the house. There is no "right" way to use this calendar.

You can:

- ◆ modify the activities based on your family's interests.
- ◆ do the activity on the day it is listed
- ◆ circle the activities you like and do them on the day of your choice, perhaps on your "family night."
- ◆ do all the activities or one activity each week.

However you decide to use the calendar, spending quality time together will have a positive impact on your family.

For activities with an asterisk you will find more information near the end of this calendar.

We hope that this calendar helps you find ways to spend quality time as a family having fun and building character.

We'd like your thoughts about the calendar – please complete the last page and send to us. Thanks,

~Prevent Child Abuse Wisconsin Staff



Tolerance

Hospitality

Reflection

Service

Generosity

Self-discipline

Courage

Reliability

Excellence

Joyfulness

Courtesy

Moderation



Reflection

At the beginning of each year many people make resolutions to do things differently. Taking time to reflect can shed light on what stresses and what blesses your life. Taking time to reflect each day can change your attitude and help you overcome obstacles.

Everyday Practice

- Set aside quiet time for reflection.
- Think about what stresses and blesses your life right now.
- At dinner, talk about what you did well and what you could have done better during the day.
- Write in a journal

Notes

"Children represent the future, encourage, support and guide them."

Catherine Pulsifer

Books for the month:

Spaghetti in a Hot Dog Bun

~K. Hiatt

The Way I Act

~S. Metzger

The Garden in My Mind

~S. McCumbee



January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Make a resolution	2 Drink hot chocolate	3 List things to do in 2017	4 Start a journal	5 How many beds in your house?	6 Go sledding	7 Learn a new word
8 Take a bubble bath	9 What makes you happy?	10 Play "I Spy"	11 Visit the library	12 Look for square items	13 Tell someone thank you	14 Draw a picture for someone
15 Look for icicles	16 Do 10 jumping jacks	17 Make pizza for dinner	18 Learn about space	19 Hug your family	20 Family movie night	21 Pretend you are a truck driver
22 Turn off cell phones	23 Snow paint *	24 What was good about today?	25 Sing your favorite song	26 What are you grateful for?	27 Read a book about animals	28 Bake cookies and share
29 Think positive	30 Dance to music	31 Take turns reading out loud				

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Courtesy

Courtesy keeps life running smoothly. “Please,” “thank you,” and “you’re welcome” are nice expressions that make people feel good. Being polite and using good manners shows people that you respect and care for them.

Everyday Practice

- Say “please,” “thank you,” and “you’re welcome.”
- Say “excuse me” when you need to interrupt someone or get their attention.
- Think about how your actions affect others.

Notes

“Kind words can be short and easy to speak, but their echoes are truly endless.”

~Mother Teresa

Books for the month:

Excuse Me

~K. Katz

What Do You Say, Dear?

~S. Joslin

Cookies: Bite-Size Life Lessons

~A. Krouse Rosenthal

Dude, That’s Rude

-P. Espeland

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Draw a weather picture	2 Look for your shadow outside	3 Check smoke alarms	4 Help dust the furniture
5 Make a goal for the week	6 Waddle like a duck	7 Stomp your feet	8 Tell knock-knock jokes	9 Read a book about presidents	10 Make paper hearts	11 Start a new family tradition
12 Help a family member	13 Learn about the presidents	14 Tell someone you love them	15 Exercise as a family	16 What would you like to do when you are older?	17 Indoor snowball fight (crumpled paper)	18 Play a board game
19 Read a book about friends	20 Turn off TV day	21 Pretend to climb a mountain	22 Be kind all day	23 Make a nutritional snack	24 Family movie night	25 Invite friends to dinner
26 Observe the winter night	27 Try a new fruit*	28				

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Generosity

Generosity is more than giving money to charity. You can be generous with your time, your ideas and your items.

When you are generous you give or share without expecting anything in return.

Everyday Practice

- Think of creative ways to share what you have.
- Spend time with the people you love.
- Create something to give away.
- Donate things you no longer need or use to someone who needs them.
- Share your favorite toy with a friend or sibling.



Notes

"Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has."

~Margaret Mead

Books for the month:

The Giving Tree

~S. Silverstein

The Spiffiest Giant in Town

~J. Donaldson

A Chair for My Mother

~V. Williams

Silver Packages

~C. Rylant

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Write your ABCs	2 Read a Dr. Seuss book	3 Celebrate your family	4 Sing songs in the car
5 Make a family tree	6 Visit the library	7 Walk on your tip toes	8 Help fold the laundry	9 Laugh	10 Family puzzle night	11 Make cards for your family and neighbors
12 Read "The Giving Tree"	13 Look for purple things	14 Play "Hide and Seek"	15 Have a family spelling contest	16 Volunteer as a family	17 Make fruit smoothies	18 Have a play date
19 Make play dough *	20 Share your toys	21 Look for signs of spring	22 Draw a flower picture	23 Take a picture with your friends	24 Try a new vegetable*	25 Finger paint
26 Celebrate friends	27 Make a fort indoors	28 Make paper airplanes	29 Visit a museum	30 Clean under your bed	31 Give lots of hugs	

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Courage

Courage means facing your fears. It helps you stand up for what is right. With courage you can try new things even if they seem scary. Courage gives you the strength to do great things.

Everyday Practice

- Admit your mistakes and make amends.
- Ask for help when you need it.
- Stand up for what you know is right.
- Talk about what scares you. Make a plan to face one of your fears.
- Be yourself!
- Take chances.



Notes

"Children have more need of models than of critics."

~Joseph Joubert

Books for the month:

Courage
~B. Waber

If I Never Forever Endeavor
~H. Meade

Brave Irene
~W. Steig

Number the Stars
~L. Lowry

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Make silly faces
2 Balance on one foot	3 Put your toys/school things away	4 Visit a new place	5 Make egg salad	6 Make a "to-do" list	7 Play tag	8 Read a book about bravery
9 Make rainbow stew *	10 Write a story about being helpful	11 Finger paint with shaving cream	12 Share something that scares you	13 "If I could go anywhere in the world . . ."	14 No screen time day	15 Clean out a closet or cupboard
16 Learn to spell a new word	17 Donate a toy or game	18 Read a book about cowboys	19 Finish homework before playing	20 Make a macaroni necklace	21 Feel your heartbeat	22 Stay in your pajamas all day
23 Go for a bike ride or walk	24 Share a time that you were brave	25 Pretend to walk on the moon	26 Help wash the dishes	27 Have a family meeting	28 Draw a picture of a tree	29 Run around your house
30 Make a May Day basket						

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Joyfulness

Joyfulness comes from within. It is an attitude we chose, not a reaction to what is happening around us. Inner joy helps us cope with life's ups and downs.

Everyday Practice

- Appreciate the gifts in your life.
- Laugh often!
- Whistle while you work.
- Enjoy the beauty around you.
- Be playful with others.
- Make a list of activities you enjoy.



Notes

"In the final analysis it is not what you do for your children but what you have taught them to do for themselves that will make them successful human beings."

~Ann Landers

Books for the month:

This Bus is for Us

~M. Rosen

It Could Always Be Worse

~M. Zemach

Augustus and His Smile

~C. Rayner

Did I Ever Tell You How Lucky You Are?

~Dr. Suess

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sit and listen 1	Go to the park 2	Be patient 3	Read a favorite book 4	Make a card for someone 5	Craft day! 6
Eat a healthy snack 7	Talk about who your role models are 8	Pretend to live in the jungle 9	How many trees are in your yard? 10	Exercise to music 11	Have a friend sleep over 12	Make an obstacle course 13
Play checkers 14	Thank your teachers 15	Make root beer floats 16	Visit the library 17	Turn off the TV 18	Make bubbles * 19	Hug someone you love 20
Go for a bike ride 21	Tell a silly story 22	Learn about your family history 23	Write a story about your family 24	Dance party 25	Stand on tip toes and stretch 26	Plant a garden 27
Look for four leaf clovers 28	"I am happy when I " 29	Sing "Old McDonald" 30	Try to whistle 31			

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Tolerance

Tolerance means accepting differences, in how life is and how we want it to be, in ourselves and in others. Tolerance allows us to be friends with people different from ourselves and to respect and appreciate those differences.

Everyday Practice

- Accept people the way they are.
- Don't complain about things you cannot change.
- Be understanding and agree to disagree.
- Recognize that all people have feelings.
- Use kind words.



Notes

"Your children will see what you're all about by what you live rather than what you say."

~Wayne Dyer

Books for the month:

Skin Again

~B. Hooks

Stand Tall Molly Lou Melon

~P. Lovell

Same, Same But Different

~J. Kostecki-Shaw

The Hungry Coat

~Demi

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Talk about different feelings	2 Have a picnic outside	3 Visit a farm or petting zoo
4 Fly a kite	5 Look at leaves on a tree	6 Jump rope	7 Dress up for dinner	8 Be an active family*	9 Play hide and seek	10 Watch the clouds
11 Try food from another country	12 Enjoy popcorn and a movie	13 Look at family photos	14 Wear red, white and blue	15 Create a new dance step	16 Read a magazine	17 Go to a farmer's market
18 See what sinks and floats in water	19 Listen for crickets at night	20 Make flowers from cupcake liners	21 Help set the table	22 Make ice cube tray popsicles	23 Pretend you are a circus clown	24 Apologize for something you did
25 Play ball outside	26 Show kindness to someone	27 Brew ice tea in the sun	28 Make banana splits	29 Do cartwheels	30	

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Hospitality

Hospitality means creating a feeling of warmth and comfort around you. Friends, family and guests feel welcome in your home. Your kindness and generosity will spread to others.

Everyday Practice

- Greet visitors to your home with a smile and kind word.
- Invite someone new to dinner or host a dinner party.
- Offer visitors something to drink and/or eat.
- Ask what you can do to make someone feel more comfortable.



Notes

"The most important seed I can sow in this life is my children, and the love and knowledge that I can bestow upon them and the help I can give them."

~Steven Seagal

Books for the month:

Hugless Douglas and the Big Sleepover
~D. Melling

The Relatives Came
~C. Rylant

Mama Panya's Pancakes
~M. Chamberlin

A Dragon Moves In
~L. Falkenstern

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Eat Watermelon
2 Read a book about freedom	3 Watch fireworks	4 Display a flag outside	5 Take a walk in the park	6 Help a neighbor	7 Wear your favorite outfit	8 Play mini-golf
9 Try a new recipe *	10 Stretch	11 Help make dinner	12 Pretend to play an instrument	13 Look for bugs outside	14 Let someone know you care	15 Help fold laundry
16 Play cards together	17 Collect change for charity	18 Make a drum out of a box	19 Share your favorite book	20 Help water the plants	21 Draw with sidewalk chalk	22 Visit the library
23 Call a relative and say "hi"	24 Invite friends for ice cream sundaes	25 Learn hello in a different language	26 Be kind to your family	27 Look for square things	28 Play "duck, duck, goose"	29 Create a family time capsule
30 Pick flowers for a bouquet	31					

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Moderation

It is easy to get caught up in wanting more; more clothes, more toys, more stuff. Moderation is taking or using only what you need. It means creating balance in your life and being happy with what you have.

Everyday Practice

- Recognize when enough is enough.
- Balance work and play.
- Stop eating when you are full.
- Think twice before buying something new. Do you need it or want it.
- Don't let television, food, electronics or phones control your life.

Notes

"One of the luckiest things that can happen to you in life is, I think, to have a happy childhood."

~Agatha Christie

Books for the month:

Close Your Eyes

~K. Banks

So Few of Me

~P. Reynolds

Playtoon and the Ant Phone

~J. K. Kamon

Lion, the Witch and the Wardrobe

~C. S. Lewis

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 How fast can you count to 100?	2 Cut out shapes	3 Read a book about friends	4 Listen to the wind in the trees	5 Make a favorite salad
6 Take a walk, count how many stop signs	7 Put together a puzzle	8 Try a new food	9 What is a want? What is a need?	10 Play tag outside	11 Make funny faces	12 Finish chores before playing
13 No screen day	14 Make play dough *	15 Pretend to be a snake	16 Draw your favorite place	17 Help sweep or vacuum	18 Do a somersault	19 Make breakfast together
20 Make a goal for the week	21 Name foods that are purple	22 Talk about going back to school	23 Have a tea party	24 Donate clothes or toys	25 Family game night	26 Count the stars
27 Help put the groceries away	28 Play "Follow the Leader"	29 Write a story together	30 Catch fireflies	31 Take turns reading out loud		

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Excellence

Excellence means always doing your best. No matter how big or small the task, you give it 100% of your effort. When you practice excellence you focus on improvement not being perfect.

Everyday Practice

- Practice a skill you would like to get better at. Don't give up!
- Set a goal for the day and work hard to accomplish it.
- Give your best to your friendships.
- Stand up for someone who is being bullied and tell your teacher.
- Try something new and give it your best shot. You may discover a new talent.
- Focus on what you did well together.



Notes

"A torn jacket is soon mended; but hard words bruise the heart of a child."
~Henry Wadsworth Longfellow

Books for the Month:

The Pout-Pout Fish Goes to School
~D. Diesen

Long Shot: Never Too Small to Dream Big
~C. Paul

Incredible You
~W. Dyer

Coming Home
~N. Melage

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Start a collection	2 Take a family photo
3 Family sing along	4 Read a book about autumn	5 Find things that are red	6 Pretend to be a squirrel	7 Be honest when asked a question	8 Play a new family game	9 Go to the Farmer's Market
10 Play outside	11 Support a fund raiser	12 Visit the library	13 Make a new friend	14 Think positive	15 Make fruit smoothies	16 Bake cookies
17 Finger paint with shaving cream	18 Share something you did well today	19 Breathe deeply and relax	20 Give yourself a hug	21 Read a book about helping people	22 Family movie night & popcorn	23 No screen time day
24 Write a letter to a friend	25 Count the coins in your house	26 Find where you live on a map	27 Collect colorful leaves	28 Make soup	29 Learn how or teach someone to tie shoes	30 Make a collage from things in nature

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Reliability

Being reliable means doing what you say you are going to do. When you are reliable, you do not need reminders to keep your word. By keeping promises, it shows that you are trustworthy and responsible.

Everyday Practice

- Do your chores without being reminded.
- List all the things you need to do today. Make a plan to get them done.
- Don't make promises you can't keep.
- Tell someone how much you appreciate their reliability.
- Be on time.



Notes

"We worry about what a child will become tomorrow, yet we forget that he is someone today."

~Stacia Tauscher

Books for the month:

Madeline

~L. Bemelmans

Owl Babies

~M. Waddell

Maybe She Forgot

~E. Kandoian

Mirette on the High Wire

~E. McCully

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Make everyone's bed today	2 Make homemade apple sauce	3 Sing in the shower or tub	4 Build with blocks	5 Read a book about insects	6 Family slumber party	7 Learn 2 sign language words
8 Do yard work for a neighbor	9 Pretend to sail across the ocean	10 Turn off TV day	11 Look for signs of fall	12 Take turns reading out loud	13 Rake leaves	14 Try a new recipe *
15 Watch and talk about a favorite TV show	16 No complaining day	17 Make up a song with your name in it	18 Write a story about your favorite animal	19 Rub your tummy and pat your head	20 Draw a picture of what's outside your window	21 Visit a pumpkin patch
22 Write a poem about fall	23 Jump in the leaves	24 Be polite	25 Have a family "show and tell"	26 Draw "jack-o-lantern" pictures	27 Dress up for dinner	28 Bake a pumpkin pie
29 Carve pumpkins	30 Make a "to do" list for today	31 Trick or Treat				

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Self-discipline

Doing what you need to do, but don't want to do takes self-discipline. It is easy to put off chores and other things we don't want to do. With self-discipline, you take care of your jobs first.

Everyday Practice

- Do chores and unpleasant tasks first.
- Set limits for yourself. Try not to eat too much, watch too much television or be on the computer too much.
- Remember that what you feel like doing and what you should do are not always the same.
- Speak calmly even when you are angry. Don't let your emotions control you.



Notes

*"Perhaps the greatest social service that can be rendered by anybody to this country and to mankind is to bring up a family."
~George Bernard Shaw*

Books for the month:

The Blanket That Had to Go
~N. Cooney

Stanley Sticks To It
~B. Miles

Horton Hatches the Egg
~Dr. Suess

I Just Want to Do it My Way
~J. Cook

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Have a family election	2 Help dust	3 Board game night	4 Tell someone "I love you"
5 Pretend to be a firefighter	6 Trace body on large paper	7 Hop like a frog	8 Do homework before playing	9 Where does grandma live?	10 Be patient	11 "I tend to put off doing"
12 Make homemade pizza	13 Draw a picture of a turkey	14 Talk about being a good citizen	15 Make a tower with blocks	16 Visit the library	17 Go for a long walk	18 Touch your toes 15 times
19 Talk about how many hours to watch TV	20 Practice good table manners	21 Sing Twinkle, Twinkle Little Star	22 Set the table	23 Talk about what you are thankful for	24 Make play dough *	25 Count the tables in your house
26 Read the comics together	27 Set a good example	28 Bundle up and play outside	29 Play cards	30 Give yourself a hug		

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Service

Service is helping others without being asked. When you see something that needs to be done, you do it. You try to make the world a better place. You can make a difference in both big and small ways. Being of service can make life easier and happier for others.

Everyday Practice

- Do someone else's chores.
- Offer to help someone with a task.
- Volunteer!
- Help an elderly neighbor with yard work or shovel their sidewalk.
- Look for small ways you can make a difference.



Notes

"There are only two lasting bequests we can hope to give our children. One is roots; the other, wings."

~Carter Hodding

Books for the month:

The Mitten Tree
~C. Christiansen

The Lady in the Box
~A. McGovern

A Castle on Viola Street
~D. DiSalvo

The Trees of the Dancing Goats
~P. Polacco

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Make warm apple cider	2 Talk about generosity
3 Volunteer as a family	4 Pretend you are fishing	5 Help someone in your family	6 Play "Simon Says"	7 Help clean the house	8 Exercise as a family	9 Snow paint *
10 Turn off TV day	11 Make paths in the snow	12 Tell someone "good job"	13 Wrap gifts	14 Get a new calendar	15 Put birthdays on calendar	16 Look for the moon
17 Make a snow person	18 Sing holiday songs	19 What do you like about yourself?	20 Read a book about winter	21 Do 10 jumping jacks	22 Work on a jigsaw puzzle	23 Bake and decorate cookies
24 Say "Thank You"	25 Write thank you notes	26 Hug your family	27 What did you like about your year?	28 Catch snow flakes	29 Make a family growth chart	30 Act like your favorite animal
31 What will happen in 2018?						

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Activity directions

Snow paint

In recycled spray bottles, any size (ideally with adjustable squirt/spray nozzle) put 2 cups warm tap water. Add about 10 drops food coloring (can mix for different colors). Screw on top and shake to mix. Take outside and have fun painting the snow. If the color is too faded, add more food coloring.

Play dough

Mix one package of Kool-aid (for color and scent), 1-1/2 cups flour, 1/4 cup salt, 1 cup boiling water, 1-1/2 tablespoon oil and 1/4 teaspoon cream of tartar. Knead until smooth and elastic. If necessary, add additional flour 1/8 cup at a time. Store in refrigerator.

Rainbow stew

Mix together 1/3 cup sugar, 1 cup cornstarch and 4 cups water in a saucepan. Heat until thickened, stirring constantly. Cool. Divide the mixture into 3 containers. Add food coloring, one color to each container. Mix until bright color is obtained. Add at least 3 heaping tablespoons from each bowl into a heavy duty sealable bag. Seal the bag and tape it closed. Have child knead the bag, mixing the colors into a rainbow stew. Can mix different colors together and see what happens!

Homemade Bubbles

Measure 6 cups water into a container, pour 1 cup dish soap (Joy or Dawn works best. Try to find one that doesn't say "ultra") into the water. Slowly stir until the soap is mixed in. Try not to let foam or bubbles form while you stir. Measure 1 Tbsp glycerin or 1/4 cup corn syrup and add to the container. Stir the solution until it is mixed together. You can use the solution right away, but to make even better bubbles, put the lid on the container and let the bubble solution sit overnight.

Choosemyplate.gov

This website shares many ideas for healthy eating and growing up healthy. Click on "audience" in the menu and select "children."

Find more ideas:

childfun.com
crayola.com
family.disney.com
familyeducation.com
redtri.com
sesamestreet.org
surfnetskids.com

Helpful books:

Garden of Virtues: Planting Seeds of Goodness, Christine Keffler and Rebecca Donnelly

501 TV-free Activities for Kids.
Diane Hodges

Family Fun Calendar Feedback Form

We truly hope that you found this calendar to be helpful for your family or the families you work with. We would like you to share your comments and thoughts about the calendar.

Please complete this form and either email or fax to PCAW.

Email: pcaw@cssw.org

Fax: 920-969-7975



I am a ____ parent ____ professional (please fill in the box below).

1. I found the calendar by:

- ____ searching the website
- ____ using a previous year's calendar
- ____ getting one from a friend
- ____ getting one from a co-worker
- ____ other _____

2. What I like most about the calendar:

3. A topic I'd like for a future calendar:

For professionals

My title is:

How I use the calendar in my job:

Number of calendars I distribute:
