

QUIET TIME ACTIVITIES

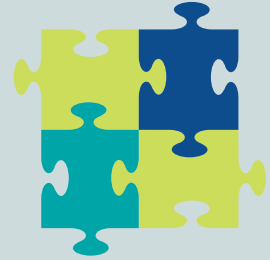
A R E D H A I R G I R L . C O M

START QUIET TIME WITH READING ALONE, THEN PICK OTHERS FROM THE LIST. SOLO QUIET TIME FOR AT LEAST 30 MINUTES.

READ ALONE



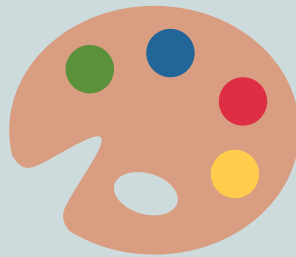
PUZZLES



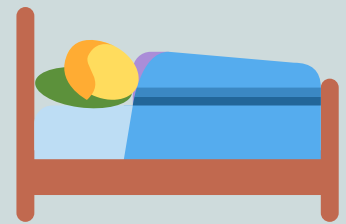
WRITE AND
DRAW A STORY



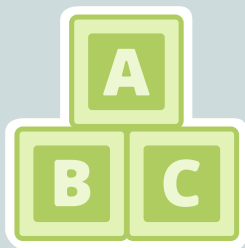
ART



REST



SOLO PLAY



AFTER YOU HAVE DONE AT LEAST 30 MIN. OF SOLO QUIET TIME, YOU CAN CHOOSE FROM ACTIVITY YOU WANT

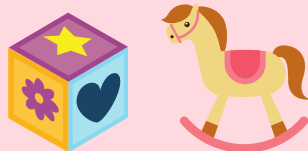
PLAY OUTSIDE



PLAY GAMES



PLAYROOM



VIDEO GAME
(15 MINUES)

