

To Do List:

Upside
Down
Day!

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Spending Quality Time

Imagine a day with NO "To Do list" to complete and no after school practices, games or performances to attend.

With planning and intention, it could be more than just a dream. Pull out your calendar and find a day to briefly shut out the world. Circle it and declare it your family's **Upside Down Day**.

You can spend this day however you like. Let your kids be "parent" for the day and decide on your family activities. Or simply alter your usual routine.

Here are a few suggestions on how to use this quality time having fun:

 Stay home in your pajamas and let the beds go unmade. Eat sandwiches for breakfast and pancakes for lunch.

 Turn off the TV, iPod and computer, and only allow music and news from the radio to entertain and inform you. Give family members a chance to practice their best announcer voice or lip sync to their favorite songs.

 Try something you have rarely, or never, done before. Stop by that ice skating rink you've passed a zillion times. Climb the rock wall you've been too embarrassed to maneuver.

 Find a recipe online or in a cookbook and make an Upside Down Cake.

Whatever you do for your family's Upside Down Day, be sure it reminds you of what it's like to be a kid. Also be sure that by day's end, your children know you enjoy their company and that having fun together doesn't have to wait until the day gets turned upside down.

