Assemble your Paper Chain
Print out sheets and trim along dotted lines. Glue ends of today’s strip together to make a circle
Add each day’s strip as a “link” to the chain. Let the fun begin!

Make a Card for a Loved One
Today is World Cardmaking Day

Fire Prevention Week
Use battery-operated candles or glow sticks in jack-o-lanterns instead of traditional candles.

Enjoy a Sweet Cinnamon Roll
It’s Cinnamon Roll Day!

Brush & Floss
at least twice a day—October is National Dental Hygiene Month.

Wear a Silly Hat
Mad Hatter’s Day is celebrated 10/6.

Update your First Aid Kit
Be ready for any Halloween bumps or “boo”-ses.
Visit a Local Pumpkin Patch

OCTOBER 8

Carve or Paint a Pumpkin

OCTOBER 9

World Mental Health Day
World Mental Health Day exists to help raise mental health awareness. How do you care for your own mental health? How can you help others?

OCTOBER 10

Print & Color our Coloring Pages
www.snohd.org/activities

OCTOBER 11

Silly Selfies
Take a few silly selfies and send them to loved ones.

OCTOBER 12

Family Board Game Night

OCTOBER 13

Popcorn + Movie Scare-A-Thon

OCTOBER 14

Global Handwashing Day
Stock up on your favorite scented soap and celebrate!
World Food Day
Experiment with growing food from scraps or trying an indoor garden.

Bake and Decorate Cookies

Read a Story Aloud
Explore your local library’s online offerings.

Support Local Small Business

Gratitude
Write down 5 things for which you’re thankful. Add to the list as you wish.

Great Washington Shakeout Day
Are you and your family ready for an earthquake? Practice Drop, Cover and Hold in a Shakeout drill. Visit https://www.shakeout.org/washington/ for more information.

Have a Spooky Dance Party

Make A Difference Day
On this day of community service, think of something you can do for your neighbors and community. For ideas, visit www.randomactsofkindness.org/kindness-ideas
OCTOBER 24

Take a Nature Walk or Hike

OCTOBER 25

Prevent Candy Confusion
Make sure any medications are securely up and out of the reach of children. Look through your medicine cabinet and properly dispose of old, expired medicines. Visit med-project.org to learn more.

OCTOBER 26

National Pumpkin Day!
Savor a pumpkin-spiced beverage or muffin, it’s National Pumpkin Day!

OCTOBER 27

Get your Pet Ready
In honor of National Black Cat Day, get your pet ready for Halloween. Make sure they have a collar with updated tag and/or microchip, and put glow sticks, candles, chocolate and candies out of your pet’s reach.

OCTOBER 28

Scavenger Hunt at Home
Create a Candy Scavenger Hunt around the house...or hide treat-filled plastic eggs in your yard!

OCTOBER 29

Creative Face Covering Check
Check your supply of face coverings. If any are damaged, discard and replace them. Personalize as you wish using fabric markers.

OCTOBER 30

Check Masks & Costumes
Today is Lung Health Day–make sure costumes or masks don’t contain latex, which can be an asthma trigger, and wash old costumes to get rid of dust and dust mites.

OCTOBER 31

Have a Safe, Happy Halloween!