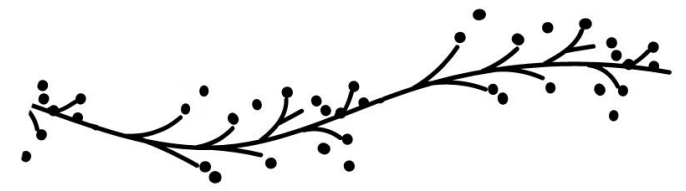


AUGUST



Treat yourself to a facial this month

SUN	MON	TUE	WED	THU	FRI	SAT
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	1	2 Treat: Healthy Chocolate Crackle Slice	3 Activity: Get the recycling box out for craft time	4 Dinner: One-Pot Chicken and Tomato Pasta	5	6 Activity: Microwave Playdough
7 Together: Go for a family walk after dinner	8	9 Dinner: Hearty Dhal	10	11 Drawing prompts: something funny, magical forest, pet	12	13 Activity: collect leaves, petals, grass and twigs to make nature collages
14 Together: Call an old friend for a catch-up	15 Dinner: Good-for-You Fish Fingers	16	17 Together: Play a game of cards tonight. 'Snap' works!	18 Treat: Banana Sushi	19 Dinner: One-Tray Lamb Bake	20 Drawing prompts: elephant, pineapple, family, giant slide
21 Activity: Create an obstacle course in the backyard	22	23 Drawing prompts: playground, best friend, igloo, robot	24 Dinner: Cider Roast Chicken	25	26 Together: Invite a couple of mates over for some afternoon cheer (or cheers!)	27
28 Drawing prompts: princess, bubble festival, happy bear	29	30 Together: Switch off the TV and talk tonight.	31			