

Day 1

9:00 am - 11:30 am

Museum

(History/Science/Social Studies etc.)

1. Forest Heritage Center Museum (Broken Bow)

<https://www.travelok.com/listings/view.profile/id.2818>

Lunch

The EAT OUT (gluten-free options).

<http://theeatout.com/>

1:00 pm - 3:00 pm

Kinesthetic Learning

(Problem Solving/Reasoning/Physical Education/Math/Team Building etc.)

(pick one)

1. The Maze of Hochatown (outside)

<https://themazeofhochatown.com/>

OR

1. The Escape Room (inside) All ages (up to 10 participants)

<https://www.hochatownescapegames.com/>

3:30 pm - 7:00 pm

Family Time @ Cabin/Resort

(Communication, Exercise, Social and Skill Development etc.)

1. Family board game (apples to apples)
2. Indoor scavenger hunt
3. Shoot pool/play shuffleboard at clubhouse.
4. Prepare dinner as a family together (recommended- Taco night)
5. Do conversation card games during dinner (cards are on the table).

7:00 pm - 8:30 pm

Relaxation/Family Wind down @cabin

(Social/relationship connection and emotional development)

1. Hot tub (at cabin)
2. Read monthly books/or library.

3. Share your favorite part of the day and practice gratitude (each person shares their highs and lows for the day and what you are grateful for.)

Day 2

9:00 am - 11:30 am

Nature's classroom

(Biology/Science/Geography etc.)

1. Friend Trail - hiking (weather permits).

<https://beaversbendcabincountry.com/directory/friends-trail/>

Lunch

Grateful Head Pizza (gluten-free options).

<https://www.gratefulheadpizza.com/>

1:00 pm - 3:00 am

Kinesthetic learning Science, Biology, etc.)

1. Beaver's Bend Safari Park and drive-thru

https://beaversbendsafaripark.com/?gad_source=1&gclid=Cj0KCQiA1rSsBhDHARIsANB4EJbk0I1Z1z5nd2UywwDSYeSOOELMWrmDsyUAtyrVKr04gEbh0dGAYxQaAk_sEALw_weB

Or

2. (Yesterday's 2nd choice)

Family Time

(Communication, Exercise, Social and Skill Development etc)

1. Family Board Games
2. Indoor scavenger hunt
3. Shoot pool/play shuffleboard in the clubhouse.
4. Prepare dinner as a family together (recommended- spaghetti and salad)
5. Do conversation card games during dinner (cards are on the table).

Relaxation/Family Wind down-

1. Hot tub (at cabin)
2. Share your favorite part of the day and practice gratitude (each person shares their highs and lows for the day and what you are grateful for.)

BOOKS OF THE MONTH

Young adult/adult -

The 4 Agreements by Don Miguel Ruiz

Children's book -

Just Because

By Mathew McConaughey

You're Here for A Reason

By Nancy Tillman