



DON'T MAKE IT A CHORE: JUST HAVE FUN!

Counselors, youth group facilitators, and teachers:
Distribute this activity to students in grades 3-10 to
complete at home with their families.

Disney
ALEXANDER
and the Terrible, Horrible,
NO GOOD, VERY BAD DAY
IN THEATERS OCTOBER 10



Adults:

How often have you felt overwhelmed by the chores you need to get done?

Kids/Teens:

Have you ever had to miss out on something fun because your family said you had to do chores first?

Make It Fun!

Sit down together to talk about the family chores. Then, try these tips to make them more playful. You'll be surprised at how much quicker they'll go if you're having a good time... and be warned: You may even start looking forward to them!

1. **Team up!** If there's room and time, two—or more!—helpers can be better than one.
2. **Time it!** Get motivated to do it fast—have a friendly competition with another family member!
3. **Talk it out!** Catch up on what's happening with a family member while you do a chore together.
4. **Turn it into talent!** Is there something each family member really likes to do? Here are some examples:
 - Maybe the 8-year-old in your family likes to dance
 - Maybe the 30- or 40-something likes Facebook or Pinterest

Bring your skills and interests to the chores and liven them up.

- Turn on some fun music and get everyone dancing while you clean up the kitchen.
- Print out funny or inspiring images from Facebook or Pinterest that become badges or rewards for completing chores.
 - Lead the family in making up silly songs while you tidy up the house or yard.

What talents and skills does your family have? Ask one of your younger family members to create a list of family members' names and their talents and skills. Then, post that on your fridge or near your chore list—and get ready for some good laughs!

Ever experienced awkward moments while doing chores with family? Get together to relive the moments and find the pics to prove them! Then, submit pics using #VeryBadDaySweeps for a chance to win something very good!
Visit <http://on.fb.me/1tatOdF> to read the official rules.

Beginning on October 10, families can have fun together by going to see the movie *Alexander and the Terrible, Horrible, No Good, Very Bad Day*, which features a family dealing with adversity by coming together. Find out more at www.bkfk.com/alexander.

