Longevity in Action  
have children in your life

# **Group Event: Kid’s Day Celebration!**

**Kids Day Shopping List** *(As applicable)*

Groceries and Cooking Items:

**1.**

**2.**

**3.**

**4.**

**5.**

Gardening Materials:

**1.**

**2.**

**3.**

**4.**

**5.**

Art Materials (Crayons, finger paint, puffy paint, drop cloths, etc.):

**1.**

**2.**

**3.**

**4.**

**5.**

Sing-Along Materials (guitar, sound system, etc.):

**1.**

**2.**

**3.**

**4.**

**5.**

Scavenger Hunt Materials (objects to find, prizes, etc.):

**1.**

**2.**

**3.**

**4.**

**5.**

Movie Materials (DVD, player, etc.):

**1.**

**2.**

**3.**

**4.**

**5.**

Party Foods, Games and Supplies (snacks, plates, napkins, games, etc.):

**1.**

**2.**

**3.**

**4.**

**5.**

## Longevity in Action Have children in your life

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“How does being around children impact me?”

“What do I enjoy most about engaging with younger generations?”

**Consider how you would complete these statements:**

“My favorite childlike quality is \_\_\_\_\_\_\_\_\_\_\_\_\_.”

“I want to feel \_\_\_\_\_\_\_\_\_\_\_\_\_.”

**Charting Your Course Journal Entry**

*“The soul is healed by being with children.”*   
– Fyodor Dostoyevsky

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