

**ACTIVITY 1: WHAT MY CHILD WOULD LIKE AND  
BENEFIT FROM IN A 'CARE PACK'**

1. What activities comprise a typical day in your child's life?

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2. If not already listed, identify activities that are enjoyed by, and/or are soothing to, your child?

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3. If you were going on a long trip, what might you take for your child to do enroute? Add these to your list.

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4. Of these activities, which ones can the child do largely alone or with minimal adult engagement or support (in case she/he were to be alone for lengthy periods of the day)?

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5. From these lists, cross out repetition and items that you feel would not be appropriate or feasible in an isolating situation or quarantine.