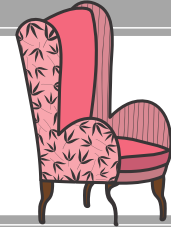


Family Survival 101

Create a Private Space for Work or Play

Remove distractions by facing a comfortable chair, beanbag, or cushion into a corner of a room for reading, coloring, doing a puzzle, or just quiet time.



Make a fort. Face 2 chairs towards each other and cover with a blanket or sheet. Bring in your camping tent. Equip your fort with a flashlight, books, and pillows.

Create your own Sistine Chapel. Tie a sheet diagonally on the corners of a large table to create a hammock underneath. Use more sheets to create privacy. Tape paper to the underside of the table and draw a masterpiece!



Closet hideaway. Clear out the bottom of a bedroom closet for a quiet and private space, making it cozy with blankets and pillows. (Avoid using the bed for anything other than sleep.)

Create a home gym in the garage. Set up an obstacle course using yoga mats, old rugs, and objects from around the house. Use it for brain breaks from school work (and mom and dad work!).



Personalize your space. Make it your own! Decorate with rolls of butcher paper, wrapping paper, construction paper, books, magazines, and pictures. Invite family members to visit your space!

Create a study carrel Decorate and personalize the outside of a large cardboard box. Place signs such as "Shhh, Studying," "Please do not disturb, genius at work" or "Visitors Welcome" for nonverbal cues.

