

OCTOBER 2022 RESOURCE LIST

Brain Boosting Foods:

Read through this article for ideas of what to eat on test days to help improve brainpower!

SD Museum Council:

Free entry to a wide variety of San Diego favorites including many museums, Sea World, the Safari Park, and the Zoo! See the full list and plan a fun family outing!

Joon App:

An app that turns chores into a video game! Geared toward children with ADHD ages 8-12. Improves focus and responsibility in a fun interactive way.

Banana Sushi:

Here you'll find a simple after-school snack kids can make on their own as well as links to many more easy snack recipes.

Made with Happy:

Check out this mom-run blog that's full of fun family friendly travel tips, arts and crafts, and DIY's.

Paper by Janey:

This inspiring artist has overcome immense obstacles since being paralyzed in a car accident and creates beautiful greeting cards.

Apple Recipe Roundup:

Fall has arrived! Celebrate the season with one of these delicious apple recipes. Gather the family for an enjoyable weekend activity.

Spooky Spider Energy Balls:

This recipe is fun, simple, tasty, and adorably spooky! Bring some to your next fall event.

Events

Family Fun Day

10/2 11:30 am - 1:30 pm
San Elijo Nature Center

Sugar Skull Musical

10/8 @ 2:00 pm
Poway Center for the Performing Arts

Institute of Contemporary Art Family Day

10/8 12-2 pm Encinitas

We know that keeping a family running on schedule, planning entertaining outings, and staying organized can be beyond difficult! Our hope is some of these resource items will bring fun, energy, and balance to you and your family. Simply click the underlined link for more information on each listing, and feel free to share!