

# 30 DAY Family Brain Boosting Challenge

			1 DOMINO EFFECT	2 FIND THE BEST DEAL	3 WRITE A POEM OR RAP	4 DIY MAZES 
5 COOKING WITH MATH	6 PUZZLE IT OUT	7 PICK UP A NEW WORD 	8 LISTS BY LETTER	9 MEMORIZE DIGITS	10 DEBATE IT OUT	11 BODILY COORDINATION
12 LEARN A CARD GAME 	13 NARRATE A STORY	14 MAKE UP A MAGIC TRICK	15 TRY OUT A LANGUAGE	16 LEARN A DANCE 	17 FIVE SENSES	18 DRAW FROM MEMORY
19 TRY MEDITATION	20 DOODLE-LISTENING	21 SWITCH MUSIC GENRES 	22 GUESSING GAME	23 SERVE BRAIN FOOD	24 MAP READERS	25 BUILDING CHALLENGE
26 GAME NIGHT	27 MAKE AN AD	28 ESTIMATE A SNACK	29 IMPROV A STORY	30 ABCS ON THE GO 		