



PJ Walk

from our Family Room to yours

Activities for students

Use these activities at your leisure to
add a special touch to your **PJ Walk!**



PJ
Walk



Ronald
McDonald
House®
Ottawa

Playlist

Walk, wheel, skip, or jump along to the beat!

Play kid-friendly, upbeat songs that encourage movement like hopping, skipping, jumping, or even rolling. You can find ready-made playlists online or create your own with these suggestions:

Suggested Songs:

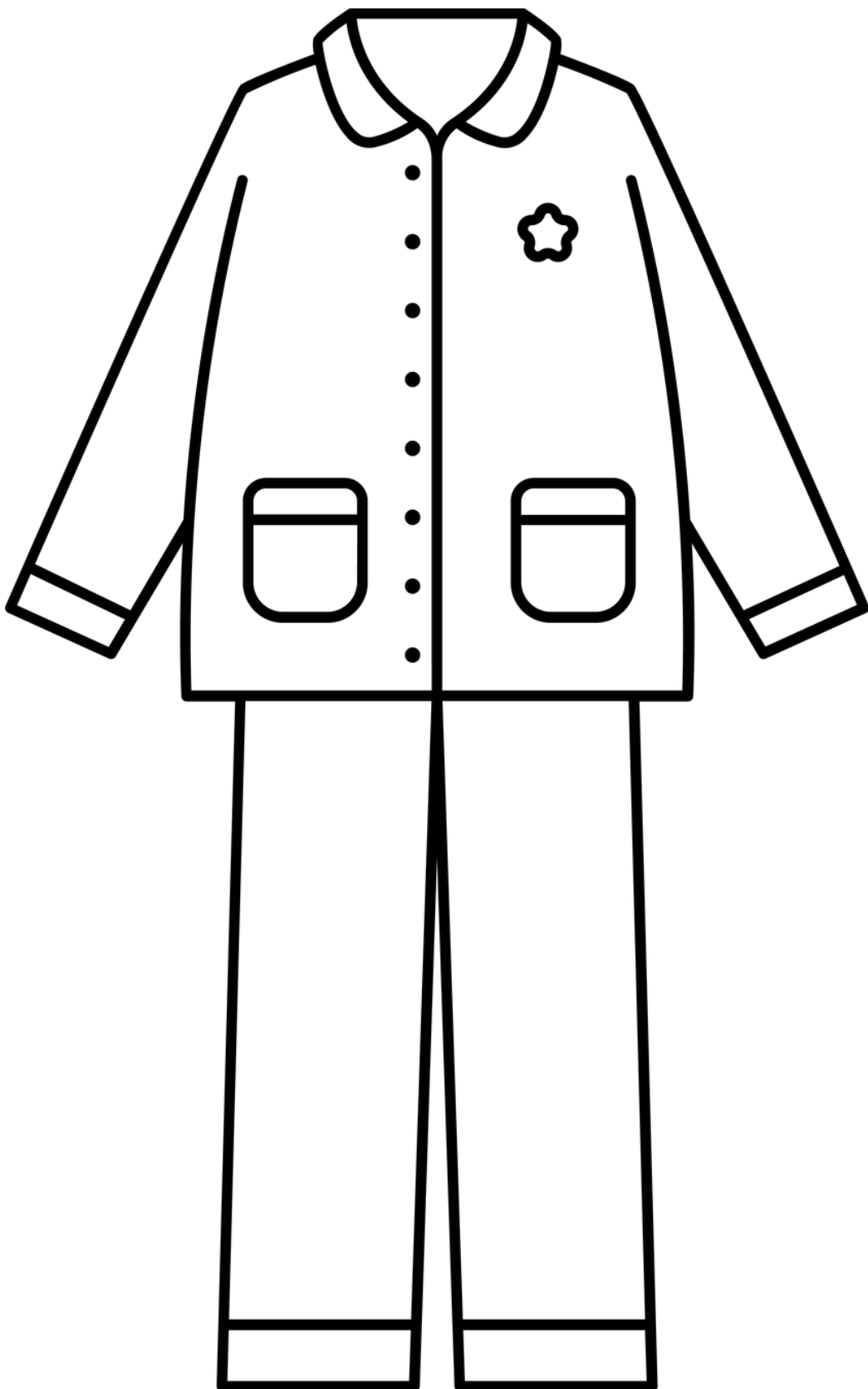
1. “Happy” - Pharrell Williams
2. “Can’t Stop the Feeling!” - Justin Timberlake
3. “Shake It Off” - Taylor Swift
4. “Walking on Sunshine” - Katrina and the Waves
5. “Better When I’m Dancing” - Meghan Trainor
6. “YMCA”- Village People
7. “Roar” - Katy Perry
8. “Top of the World” - Imagine Dragons
9. “I Like to Move It” - Madagascar Soundtrack
10. “We Are Family” - Sister Sledge

Playlists Online: Look for pre-made Spotify or YouTube playlists, such as Kids’ Party Music or Family Fun Dance.

Mix It Up: Include a variety of tempos to encourage different types of movement.

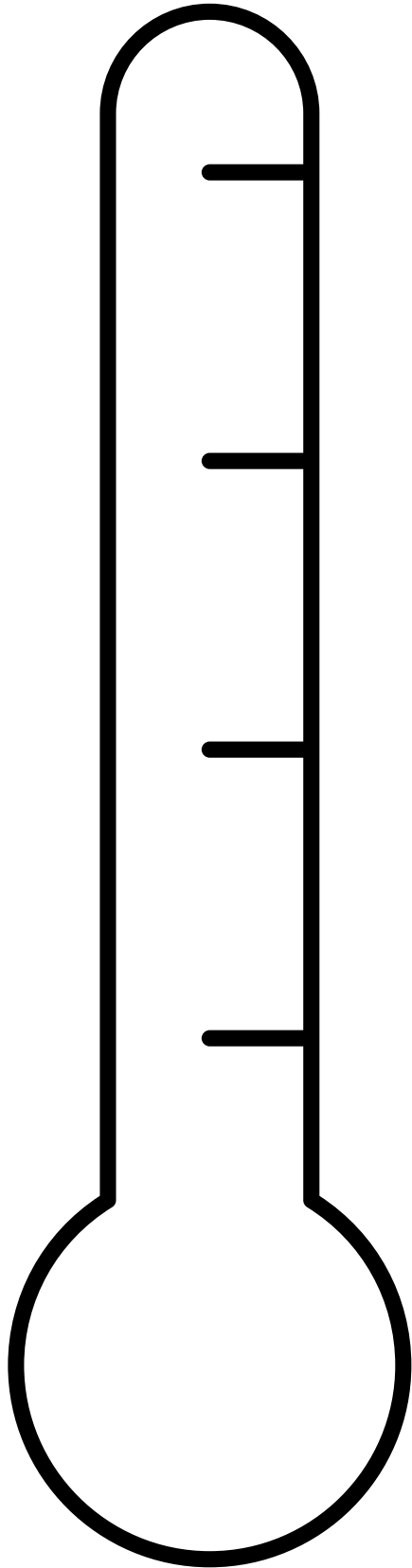
Music adds cheer to the PJ Walk, keeping everyone active and full of joy!

Create Your Cozy PJs for the PJ Walk





Toonie Tracker





Cards of Comfort

Ask students to make cards/drawings for the families staying at Ronald McDonald House Ottawa

Gather Supplies:

Paper, Markers, crayons, or colored pencils

Get Creative:

Ask students to design cheerful, uplifting cards or drawings.

Suggest messages like:

- “You are loved!”
- “Sending you a big smile!”
- Encourage creativity, including colorful pictures, kind words, or even fun jokes.

Explain the Impact:

- Remind students their cards/drawings will bring joy and comfort to families who are going through a tough time.

Wrap-Up:

- Collect the finished cards/drawings and mail to Ronald McDonald House Ottawa at **407 Smyth Rd, Ottawa, ON K1H 8M8**
- Thank the students for their effort and kindness.

Note for Teachers:

This activity fosters empathy and creativity while giving students a chance to make a real difference in the lives of others.

