



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!**

**PJ
Walk**



**Ronald
McDonald
House**
Ottawa

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 arrange for delivery to Ronald McDonald House Ottawa.
- 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.



Toonie Tracker

