



# Foster Care Recreation Log

Children shall participate in daily routines and activities at levels of supervision set out in their Plan of Service or if under a safety plan, within parameters of an ongoing safety plan.

## January 2026

Foster Home:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### Remember to Log

ARD Meetings; doctor, dentist, therapy & psych appts; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits

### Remember to Include

activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below)

### THERAPEUTIC VALUES: for each activity listed above, place the number(s) that explain the therapeutic benefit(s) of the activity

- |   |   |
|---|---|
| 1. Exercise/physical fitness <input type="checkbox"/>                       | 7. Religious/spiritual growth <input type="checkbox"/>                  |
| 2. Reduce stress/anxiety and increase relaxation                            | 8. Promotes healthy attachment to biological family members             |
| 3. Increase/improve social interaction with peers <input type="checkbox"/>  | 9. Promotes healthy attachment to foster parents and/or foster siblings |
| 4. Increase/improve social interaction with adults <input type="checkbox"/> | 10. Provides opportunity for healthy self-expression/creativity         |
| 5. Educational <input type="checkbox"/>                                     | 11. Promotes self-esteem/opportunity for sense of accomplishment        |
| 6. Outside play <input type="checkbox"/>                                    | 12. Promotes independence/practicing life skills                        |



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### February 2026

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

**Remember to Log**  
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**Remember to Include**  
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**THERAPEUTIC VALUES:** for each activity listed above, place the number(s) that explain the therapeutic benefit(s) of the activity

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| <ul style="list-style-type: none"> <li>1. Exercise/physical fitness <input type="checkbox"/></li> <li>2. Reduce stress/anxiety and increase relaxation</li> <li>3. Increase/improve social interaction with peers <input type="checkbox"/></li> <li>4. Increase/improve social interaction with adults <input type="checkbox"/></li> <li>5. Educational <input type="checkbox"/></li> <li>6. Outside play <input type="checkbox"/></li> </ul> | <ul style="list-style-type: none"> <li>7. Religious/spiritual growth <input type="checkbox"/></li> <li>8. Promotes healthy attachment to biological family members</li> <li>9. Promotes healthy attachment to foster parents and/or foster siblings</li> <li>10. Provides opportunity for healthy self-expression/creativity</li> <li>11. Promotes self-esteem/opportunity for sense of accomplishment</li> <li>12. Promotes independence/practicing life skills</li> </ul> |
|---|---|



## Foster Care Recreation Log

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**March 2026**

**Foster Home:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Remember to Log**

ARD Meetings; doctor, dentist, therapy & psych appts; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits

**Remember to Include**

activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below)

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|---|---|



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### April 2026

Foster Home:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**Remember to Log**

ARD Meetings; doctor, dentist, therapy & psych appts; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits

**Remember to Include**

activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below)

**THERAPEUTIC VALUES: for each activity listed above, place the number(s) that explain the therapeutic benefit(s) of the activity**

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|---|---|
| 1. Exercise/physical fitness <input type="checkbox"/>                       | 7. Religious/spiritual growth <input type="checkbox"/>                  |
| 2. Reduce stress/anxiety and increase relaxation                            | 8. Promotes healthy attachment to biological family members             |
| 3. Increase/improve social interaction with peers <input type="checkbox"/>  | 9. Promotes healthy attachment to foster parents and/or foster siblings |
| 4. Increase/improve social interaction with adults <input type="checkbox"/> | 10. Provides opportunity for healthy self-expression/creativity         |
| 5. Educational <input type="checkbox"/>                                     | 11. Promotes self-esteem/opportunity for sense of accomplishment        |
| 6. Outside play <input type="checkbox"/>                                    | 12. Promotes independence/practicing life skills                        |



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**May 2026**

**Foster Home:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**Remember to Log**  
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**Remember to Include**  
activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below)

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|---|---|



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**June 2026**

**Foster Home:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	1	2	3	4	5	6
8	9	10	11	12	13	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**Remember to Log**  
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**Remember to Include**  
activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below)

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| <ul style="list-style-type: none"> <li>1. Exercise/physical fitness <input type="checkbox"/></li> <li>2. Reduce stress/anxiety and increase relaxation</li> <li>3. Increase/improve social interaction with peers <input type="checkbox"/></li> <li>4. Increase/improve social interaction with adults <input type="checkbox"/></li> <li>5. Educational <input type="checkbox"/></li> <li>6. Outside play <input type="checkbox"/></li> </ul> | <ul style="list-style-type: none"> <li>7. Religious/spiritual growth <input type="checkbox"/></li> <li>8. Promotes healthy attachment to biological family members</li> <li>9. Promotes healthy attachment to foster parents and/or foster siblings</li> <li>10. Provides opportunity for healthy self-expression/creativity</li> <li>11. Promotes self-esteem/opportunity for sense of accomplishment</li> <li>12. Promotes independence/practicing life skills</li> </ul> |
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**July 2026**

**Foster Home:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Remember to Log**  
ARD Meetings; doctor, dentist, therapy & psych appts; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits

**Remember to Include**  
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**August 2026**

Foster Home:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	30
31						

**Remember to Log**  
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**Remember to Include**  
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### September 2026

Foster Home:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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**October 2026**

**Foster Home:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Remember to Log**

ARD Meetings; doctor, dentist, therapy & psych appts; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits

**Remember to Include**

activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below)

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**November 2026**

Foster Home:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**Remember to Log**

ARD Meetings; doctor, dentist, therapy & psych appts; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits

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### December 2026

Foster Home:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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