



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

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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					1	2
3	4	5	6	7	8	9
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	1	2	3	4	5	6
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						1
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