

YOUR SUMMER BUCKET LIST FOR THE WHOLE FAMILY



Healthy Family Activities

Adventure

- Take a day trip
- Build a fort
- Bike ride (in new neighborhood)
- Penny hike (heads go right, tails go left)

Kitchen Fun

- Make smoothies
- Cook together
- Bake a new cookie
- Make juice popsicles
- Make homemade lemonade

Outdoors

- Camp out in backyard
- Go to park playground
- Play kickball
- Family car washing
- Go for a hike

Nature Fun

- Plant a garden
- Go for a walk in nature
- Take pics of nature
- A nature scavenger
- Cloud watch, and guess what you see



Artistic Fun

- Paint, draw & create
- Family dance party
- Kids put on a show
- Sidewalk chalk-time
- Paint kindness rocks & pass out in your neighborhood

Challenges

- Family Lego Masters
- Family game Night
- Family minute 2 win it
- Family obstacle course
- A Tech-Free day



Active Fun

- Jump rope
- Hula Hoop
- Play catch
- Frisbee toss
- Fly a kite
- Family bike ride

Silly Fun

- Blow bubbles
- Family karaoke
- Play "Act it Out"
- Silly String Tag
- Dinnertime joke share out

Water Fun

- Water balloon toss
- Go to the beach
- Use cups of water to make a game
- Sprinkler / Slip in Slide
- Go swimming

Chill-Out

- Family Yoga
- MindYeti-mindfulness
- Family movie night
- Picnic meal inside or outside
- Family puzzle time



"We didn't realize we were making memories,
we just knew we were having fun!"

Pooh Bear

