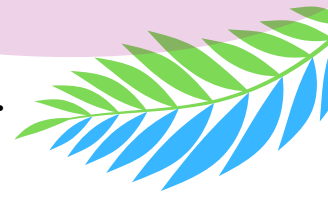




Daily Activity Ideas


**Progress
Learning**

Use any of the ideas below to help create a fun schedule for each week this summer.
Work together to come up with other fun and creative ideas too!



Self Care

- Bird watch
- Start a gratitude list or journal
- Write a thank you note to someone special
- Take a nap



Brain Power Hour

- Read or listen to a book
- Do a science project
- Play or write a song
- Watch an educational video
- Listen to a kids podcast
- Make a kindness card
- Practice math facts timed
- Visit a museum
- Visit a library
- Learn 3 new vocabulary words



Play!

- Play a new game
- Make crafts
- Build something new
- Play a video game
- Paint a picture
- Create art with chalk outside
- Make slime
- Try origami



Contributions

- Visit an animal shelter
- Donate toys or clothes
- Clean your room
- Help clean the kitchen dishes
- Take out the trash
- Help with yard work
- Help someone in need in your community
- Wipe the counters
- Pick up toys
- Dust
- Fold laundry
- Clean windows
- Help cook a family meal
- Lemonade stand



Move it, move it!

- Ride a bike
- Swim
- Run
- Play a sport with friends
- Jump on a trampoline
- Visit a park or playground
- Hike
- Nature walk
- Try yoga
- Jump rope
- Obstacle course



Friends and family

- Game night
- Watch a movie or cartoon together
- Bake a yummy treat together or deliver to someone special



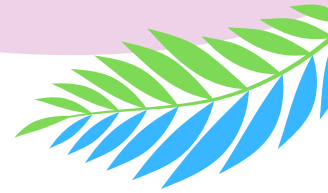
Personal Care

- Take a shower
- Brush your teeth
- Wash your hair



My Summer Checklist

Families can use this chart to build summer routines and provide guidance with their children on how they can create a schedule that meets their needs.



Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal Care Hygiene, take care of self						
Contributions Chores, pick up, help around home or community						
Brain Power Hour Build your brain muscles and read, write, listen to a kids podcast or story, practice math facts						
Self Care Go for a walk, take a break from your screen, take a short nap						
Move it, move it! Run, swim, play outside						
Friends and Family Talk or spend time with someone you care about						
Play! Do a game, activity, or hobby you enjoy						