IT’S SUMMER!
Let’s Ditch the SCREENS and PLAY

How many of these fun summer activities can you complete this summer?

☐ Build a fort.
☐ Build sand castles.
☐ Catch butterflies.
☐ Cheer for a local sports team.
☐ Clean a local park.
☐ Climb trees.
☐ Dig up worms.
☐ Do a water balloon toss.
☐ Draw with sidewalk chalk.
☐ Eat watermelon and have a spitting seeds contest.
☐ Finger paint.
☐ Go berry picking.
☐ Go camping.
☐ Go fly a kite.
☐ Go on a nature walk.
☐ Go rollerblading/roller-skating.
☐ Go swimming.
☐ Go to a Farmer’s Market.
☐ Go to the playground.
☐ Have a dance party.

☐ Have a healthy picnic.
☐ Have a hula hoop contest.
☐ Have a sack race.
☐ Have a three-legged race.
☐ Hug a tree.
☐ Make a fruit smoothie.
☐ Make flavored water by adding mint and cucumber to a pitcher of ice water.
☐ Make sock puppets.
☐ Paint rocks.
☐ Plant a seed.
☐ Play dress up.
☐ Play flashlight tag.
☐ Play hide and seek.
☐ Play mini-golf.
☐ Play with face paint.
☐ Run through the sprinkler.
☐ Wash the car by hand.
☐ Go star-gazing.

HAVE AN ABC SCAVENGER HUNT!
Write the ABCs on the edge of a paper plate and give one plate to each child. Walk around the yard or neighborhood. When they see something that starts with that letter (e.g.: Nest - N), mark off the N on their plate.