

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.