

Summer Activities!

June

June 1

Bravery: Encourage your child to set an intention to accomplish a summer goal that makes them a little nervous.

June 4

Mindfulness: Encourage your child to listen to a friend's conversation without thinking about what they are going to say next... grown-ups can try this too!

June 7

Love of Learning: Reserve the 3-D printer or test out the button-making machine at Cincinnati Public Library's downtown Makerspace or check-out any of their local programming all summer long.

June 10

Hope: This morning ask a family member what they are looking forward to today. It will send them on a path of positivity & hope; and then ask about that thought later.

June 14

Love: Any day can be Valentine's Day. Encourage younger kids to make a card for someone. Suggest to older kids to send a quick text (from your phone or theirs) to a loved one.

June 17

Kindness: The goal is to empower your children. Ask them what random act of kindness they'd like to do today.

June 21 (Summer Solstice)

Appreciation of Beauty: Take a mindful moment to notice the light in the evening during the longest day of the year.

June 24

Fairness: What about a mini book club within your family? Encourage older children to read or listen to the audio book of *Ghost Boy* by Jewell Parker Rhodes and leverage public book club questions to spark a conversation about race. For younger ones, have a movie night and talk about Harry Potter's life vs Dudley's life while living at 4 Privet Drive.

June 28

Judgment: Siblings arguing? Teens reading a twitter war thread? Ask them to argue the opposite side for 2 minutes today and encourage them to remain open-minded before coming to a conclusion.

July

July 1

Humility: Today everyone has a truly secret mission. Do a random act of kindness, but tell no one.

July 4

Gratitude: Take a moment as a family between the hot dogs and fireworks to appreciate the freedoms we are allowed in the United States of America.

July 8

Curiosity: Encourage your younger child to 'interview' a family member that lives further away via phone or Facetime. Challenge your older child to find out one new thing about their best friend.

July 12

Self-Control: Buy a bag of candy or other favorite treat as a family and see how long it will last! Maybe even try some mindful eating to savor the treat.

July 20

Creativity: Snag a cardboard box from the grocery store or save a few from Amazon for your younger children and let them build and create whatever their imaginations come up with. For older children, maybe let them see and create some TikTok videos.

July 24 (National Tell a Joke Day)

Humor: Everyone needs to tell a joke before dinner can begin.

July 27

Mindfulness: Take a walk without headphones. What did you hear? Did you notice anything new?

July 30

Teamwork: Jigsaw puzzles can be inexpensive, and can foster teamwork among a family or group of friends, especially on rainy summer days. "Find all the edges!" "I've got a corner!" "Anyone else have the other half of this..."

August

August 1

Leadership: Ask your child to plan a meal, assign cleaning duties, or plan a family afternoon activity and build on their strength of leadership.

August 4 (International Forgiveness Day)

Forgiveness: Encourage siblings to forgive & forget during a squabble. Role model forgiveness during the day when you are cut off in traffic or a door is not held open.

August 9

Perseverance: Next time your child does not let up about a request, "Can I have some candy?" "I'm old enough for a phone now." Strength spot them for their perseverance, and then use your strength of perseverance to continue to say 'no' or use your strength of judgment to hear their point of view.

August 13 (Left Hander's Day)

Perspective: Try using your non-dominant hand to do a simple task, putting yourself in another person's shoes.

August 17

Sense of Meaning: Is helping your child find their place in this big cosmic world... a little intimidating? Try simply flipping your language from 'what do you want to be when you grow up?' to 'who do you want to be when you grow?' or 'what type of person do you want to be?'

August 21

Prudence: Take a moment to remind younger kiddos about safety around cars, crossing the street or in parking lots. For your older children, perhaps email or print an article for them about paying attention to privacy options on social media.

August 24

Mindfulness: Test out Apple's Screen Time or Google Digital Wellbeing to watch your & older kids' screen time.

August 27

Friendship: Ask your child to name 3 qualities they like in a friend. Then ask if they think they share those characteristics with friends or do they share different ones.

August 31

Honesty: Family strength spotting! It's hard to tell the truth sometimes, so celebrate someone admitting to taking an extra cookie or sneak reading at night.