

# Summer Activities

## July 2020



### Zest:

Summer is a time to have fun! Let your kids share their zest by decorating their bikes, running through the sprinkler, or creating some sidewalk chalk art.



### Forgiveness:

Make every intention to ask for forgiveness from someone you made sad. Wear a glow in the dark bracelet as a reminder.



### Perseverance:

Keep at it!  
The sweetest victories require the most work!



### Kindness:

You've heard of "random acts of kindness" but what if you were intentional with your acts of kindness? What is something kind you can do for someone in your house? Your neighbor? Your best friend? A distant relative? A stranger? Set an intention to spread kindness and see how far you can go!



### Teamwork:

To be a great team requires respect. What other skills are needed to be a part of a great team? Name 3 ways you can show someone on your team respect.



### Friendship:

I value the friend who for me finds time on his calendar, but I cherish the friend who for me does not consult his calendar.  
*Robert Brault*

Make sure you wash your hands for 20 seconds or rub hand sanitizer until it's dry by thinking about 10 people including yourself you hope to keep healthy by washing your hands.



### Gratitude:

There are so many things to be grateful for. Sometimes just calling those to mind can boost your spirit. Begin your day by writing down three things you are grateful for.



### Curiosity:

Why?

Your kids are curious from the time they are able to talk. They are constantly wondering "why" about the world around them.

You may not always have all the answers but take these opportunities to learn together.

Try some of these simple science projects with things you have around your house.

