

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Print and color free coloring pages</u>	2 <u>Make your own bubbles and play games outside.</u>
3 <u>Visit local playgrounds</u>	4 <u>Use sidewalk chalk to write positive messages for you or your neighbors!</u>	5 <u>Try a science experiment at home</u>	6 <u>Read an issue of Ag Today to learn more about how food gets to our table.</u>	7 <u>Create a gratitude jar. Try to add one note each day.</u>	8 <u>Complete a puzzle with an image that reminds you of summer.</u>	9 <u>Call a loved one and tell them 10 things you love about them.</u>
10 <u>Complete a quick registration to allow your scholar to bowl for free!</u>	11 <u>Go for a 30min walk. Reflect on what you experienced using your five senses.</u>	12 <u>Try a gardening project or activity.</u>	13 <u>Catch up on and discuss current events</u>	14 <u>Get creative decorating rice cakes in different ways.</u>	15 <u>Design or find inspirational cards to give away.</u>	16 <u>Try these frozen fruit snacks.</u>
17 <u>Write a thank you to someone who inspired you</u>	18 <u>Complete an engineering challenge</u>	19 <u>Have fun making a pizza puff snack with different fillings.</u>	20 <u>Pick up trash around your neighborhood.</u>	21 <u>Research a historical figure with a birthday in July.</u>	22 <u>Try a decluttering challenge</u>	23 <u>Take a virtual museum tour. Learn 5 new facts.</u>
24 <u>Go to the farmer's market.</u> <u>DIY Slip and Slide</u> 31	25 <u>Try a yoga video. Notice your breathing and heartbeat.</u>	26 <u>Call a relative and tell them about the school year</u>	27 <u>Try making homemade animal crackers.</u>	28 <u>Try a new smoothie recipe or create your own.</u>	29 <u>Use washable paint to decorate your windows.</u>	30 <u>Visit SumTur Amphitheater for a free summer movie.</u>



JULY 2022

