

Summer Activities



Mindfulness:

I am present and fully engaged in the moment.

In Sanskrit, early morning is called brahma muhurta. It means “the divine time.” In the early morning our mind is at its clearest and the air is fresh. Take a Mindful Minute to sit with a loved one, breathe the fresh air, and talk about what’s happening in that moment.



Zest:

I approach daily life with energy and excitement.

Summer is a time to have fun! Let your kids share their Zest by creating and blowing their own Rainbow Bubbles! Check out the recipe from PBS KIDS at: <https://www.pbs.org/parents/printables/bubble-art>. Then chase your very own bubble rainbow and even create some beautiful artwork!



Humor:

I like bringing a smile to others.

Feeling down?
Turn that frown upside down. If you start to feel sad, that’s okay! We all feel sad sometimes. Find someone in your house and make a funny face at them or take a funny selfie and send to a friend. A little laughter will be good for you.



Curiosity:

I explore the world around me with an open mind and ask questions often.

What’s that noise??
Depending on where you are in the world you may be hearing the song of the Brood X cicadas. And it is loud. Flex your strengths of Curiosity and Love of Learning to discover more about these periodic pests. <https://cicadasafari.org>



Kindness:

I am helpful and nice to others.

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? Or someone you don’t know? Set an intention to spread Kindness like confetti and see how far it will go and where it will land!



Prudence:

I carefully and thoughtfully approach situations I encounter.

Explore safely this summer!
As pandemic restrictions ease, set the intention to safely explore as a family. Plan a trip to the park, hike in the woods, a scavenger hunt around town or your neighborhood. Carry your hand sanitizer and a mask if you choose.



Hope:

I feel positive when I think about the future.

Remember last summer? Yea, neither do we. But this summer there is a glimmer of hope that things will soon return to normal. Lean into that strength of Hope, stay safe, and have a great summer!



Sense of Meaning:

I am discovering my purpose and place in the world.

The world is constantly changing with innovative ideas to make it a better place for everyone to live. Discuss with your family what steps they will take to make the world a better place.



Leadership:

People value my opinion and look to me for direction.

Make the game of “Follow the Leader” more fun by integrating music. Have the leader demonstrate a dance move and the followers follow along. Take turns being the leader.



Friendship:

I get along well with others and my friends can count on me.

It is exciting to reunite with old friends and to welcome new friends into your life.

Complete these sentences:

“A good friend is _____.”
A good friend is not _____.”

