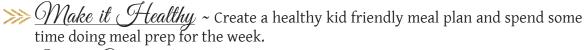
WANNABE Balanced



Mave Your Bady ~ Search YouTube for kid work out videos or yoga, have a dance party, or get out of the house and ride bikes, go on a walk, or jump on the trampoline.

Mavie Might ~ Make movie night fun and different. Set up a projector screen outside or make some movie tickets and set up a popcorn and candy stand.

 \gg <u>*Tidy Up*</u> ~ Get the kids involved in de-cluttering, organizing, folding laundry, and deep cleaning the house.

>>>> <u>Time to Read</u> ~ Have some family reading time. Get some new books at the library, set up a healthy snack tray, snuggle up and read books together.

Take a <u>Trip</u> ~ Take advantage of your local kid friendly amenities. Splash pads, pools, parks, theme parks, hikes, lakes, museums, ect.

 $\underline{ODrite \ Obout \ ft}$ ~ Spend some time journaling with your kids. Give them writing prompts if needed.

 $\longrightarrow G$ orkback ~ Get some educational summer work books for the kids. I like to have them do at least one or 2 pages a day, but one day a week spend a little more time working in it.

Wet n Wild ~ Have a water balloon fight, squirt gun games, sprinklers under the trampoline, water parks, pools, splash pads, ect.

Think Thoughtful ~ Do a random act of kindness with the kids, Pinterest has lots of ideas.

Thankful Writing Time ~ Have the kids write out everything they're grateful for and some positive affirmations.

Strafty Oreative Oraft ~ Create something using only items in your house. Old toys, empty milk carton, paper towel role, scraps of fabric, an old t-shirt, card board box, etc...

Fresh Fun Pinterest Activity ~ Find a new summer fun idea on Pinterest and do it!

Family Fitness ~ Do something active as a family. Go on a hike, family bike ride, play soccer, play freeze tag, roller blading, etc...