

# WANNABE *Balanced* Summer Fun

## M

- »» *Make it Healthy* ~ Create a healthy kid friendly meal plan and spend some time doing meal prep for the week.
- »» *Move Your Body* ~ 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.
- »» *Movie Night* ~ 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.

## T

- »» *Tidy Up* ~ Get the kids involved in de-cluttering, organizing, folding laundry, and deep cleaning the house.
- »» *Time to Read* ~ 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 Trip* ~ Take advantage of your local kid friendly amenities. Splash pads, pools, parks, theme parks, hikes, lakes, museums, ect.

## W

- »» *Write About It* ~ Spend some time journaling with your kids. Give them writing prompts if needed.
- »» *Workbook* ~ 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.

## TH

- »» *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.
- »» *Thrifty Creative Craft* ~ 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...

## F

- »» *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...