

Summer Activities

August 2020



Mindfulness:
Strike a pose!

Choose a favorite yoga pose and practice it with your family. Have each member share how they feel. Do you all laugh when someone loses their balance? Does a sense of calm come over the house? Does your pet interrupt? Taking even a brief moment for mindfulness and reflecting on how it makes you feel can make a big difference in your day



Leadership:

Make the game of Follow the Leader more fun by setting the game to music. Have the leader demonstrate a number of dance moves that the followers must imitate.



Humility:

One way to teach humility is through serving.

Set an intention to support a cause that is important to your family.



Humor:
Feeling down?

Turn that frown upside down. If you start to feel a little sad (that's ok! 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 both.



Honesty:

We think of honesty as always "telling the truth", but honesty is also about being true to yourself and being open about your feelings. Take an opportunity today to talk to your kids about their feelings on the upcoming school year. Encourage them to be honest about their fears, hopes, and questions.



Fairness:

Unfortunately, not everyone in the world is treated fairly.

Remember remote learning?
Turn off the WiFi in your house and talk to your children about how difficult it would have been to complete their work with no access to the internet.



Perspective:

It's time to start getting ready for *Back to School*.

But *Back to School* may be a little different than in years past. Make sure to talk to your kids about decisions their schools have made about the upcoming year, and make sure they understand why these decisions have been made.



Mindfulness:

Set an intention to be mindful today.

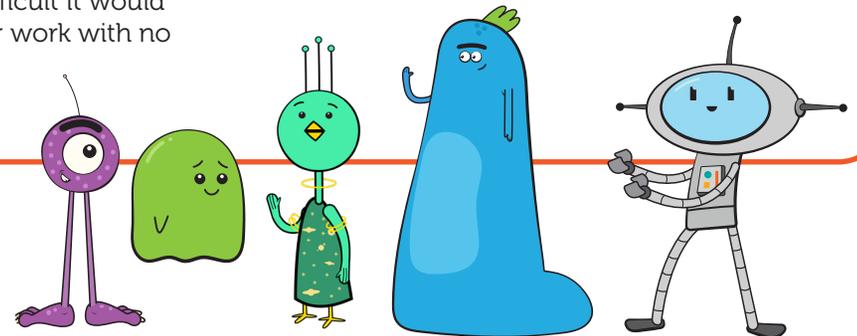
Can you remember to stop what you are doing, close your eyes, and take three deep breaths every hour today. Have your kids set a reminder on their watch, phone, or Alexa to take a break at the start of each hour.



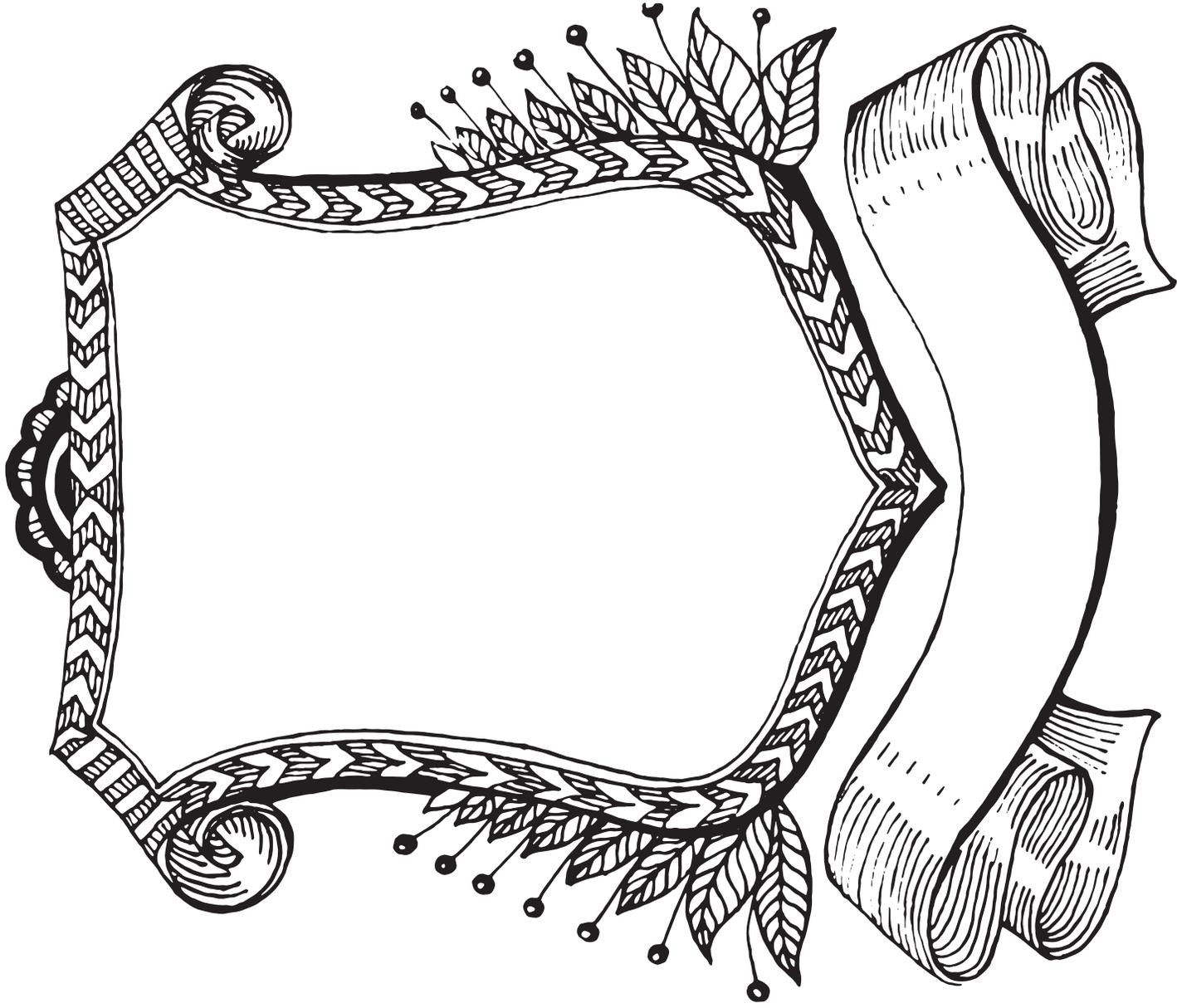
Sense of Meaning:

Pursue a meaningful goal that reflect the values of your family.

See Family Crest Activity on next page.



Family Crest of Strengths



Directions: After discussing your family's strengths, design a Family Crest to represent how your strengths make your family unique!