

Summer Activities

June 2020



Love of Learning:

"Mom, we're bored!"

Engage your kids' "love of learning" by taking a virtual field trip. You can see the world and overcome boredom. <https://www.discoveryeducation.com/community/virtual-field-trips/>



Creativity

Get creative with your strengths this week! Assign each day this week a specific strength your family will focus on. Schedule check ins throughout the day to stay on track!



Bravery:

Uncertainty in the world around us can be scary. How can you be brave during uncertain times?



Prudence:

Explore safely this summer!

We may still be in a pandemic, but don't let that stop your family from exploring!

Plan your trip to the park, a hike in the woods, or a scavenger hunt around your town being intentional about the safety of your family and those around you. Pack your mask, plenty of hand sanitizer, and discuss what to do if you encounter different situations.



Self- Control:

Some colors can be very calming. What color do you find calming?

Choose what you wear today based on these colors and set an intention to have a calm, relaxing day.



Appreciation of Beauty:

Begin your day by appreciating the beauty of the world around you. Step outside and look around. Can you find 3 items that are your favorite color?



Mindfulness:

Begin your morning with some mindful listening. Head outside and focus on what you hear around you. What sounds do you hear? Traffic? Birds? The wind blowing through the trees? How many different sounds do you hear?



Love:

Did you know June is named after the Roman goddess Juno who is the goddess of marriage? How will you practice love today?



Hope:

What motivates you? Being hopeful can give you something to look forward to. What do you hope to see tomorrow? Next week? Next month? Set intentions to achieve something you've been wanting to accomplish and celebrate milestones along the way!

