



Summer ACTIVITIES SCHEDULE

SIMPLE IDEAS. LASTING MEMORIES. ♥

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTDOOR ADVENTURE Get outside & enjoy nature	Go for a morning walk or bike ride	Visit a playground or park	Nature scavenger hunt	Go to the beach or lake	Explore a nature trail or hike	Visit a farmer's market	Backyard picnic & play
CREATIVE FUN Use imagination & create	Sidewalk chalk art contest	DIY craft or slime making	Paint something fun	Build a fort or blanket tent	Bake something together	Make & mail cards to loved ones	Family movie night + popcorn
LEARN & DISCOVER Keep curious minds growing	Read a book together	Watch a fun & educational video	Visit the library	Learn something new	Explore a museum or exhibit	Do a science experiment at home	Plan a bucket list adventure
FAMILY TOGETHER TIME Connect, laugh & make memories	Plan your week & set intentions	Cook dinner together	Family game night	Have a water balloon battle	Drive-in or ice cream date	Go on a family adventure	Gratitude chat at dinner
GOOD FOR YOU Mind, body & soul	Morning stretch or yoga	Drink more water & eat fresh	Journal or draw your feelings	Take a mindful walk	Dance party in the living room	Relax with a bubble bath or quiet time	Weekly digital detox

MAKE IT YOURS

Use this as a guide, not a rulebook! Swap activities, repeat your favorites, and follow the energy of your family. The goal is simple: be present and enjoy the little moments. ♥

TIPS FOR SUCCESS

- ✓ Plan ahead, but stay flexible
- ✓ Keep it simple & stress free
- ✓ Involve the kids in planning
- ✓ Focus on connection, not perfection

BONUS IDEAS

- Watch the sunset together
- Have a backyard campout
- Volunteer as a family
- Create a summer memory jar

THEATSTYLEZ