



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