

SUMMER THEME DAYS & IDEAS



MONDAY: Make it Monday

- Do arts and crafts
- Bake or cook something
- Build something (a fort!!!)

TUESDAY: Take a Trip Tuesday

- Take a random road trip
- Visit friends or relatives
- Visit local attractions

WEDNESDAY: Wellness Wednesday

- Chill out! Read, relax, meditate, garden, play legos, color, etc.
- Pamper with manicures, massages, dry brushing, or haircuts
- Get active by dancing, hiking, biking, yoga, or playing sports

THURSDAY: Thankful Thursday

- Send cards or letters
- Make something for your neighbors, mail person, etc.
- Random Acts of Kindness

FRIDAY: Fun Friday

- Go to an amusement park, water park, trampoline park, or a park!
- Have a lemonade stand or car wash
- Scavenger hunts, obstacle courses, and water fights