



Rest & Renewal this Summer...

Play Around in Nature

HIKE THE PARKS: Visit local parks, hike the trails, journal what you see

CATCH & RELEASE: Get a license and fish some local waterways

LIGHT THE NIGHT: Grab a jar and catch fireflies at dusk, release them when it gets dark and watch the light show!

YARD GAMES: Plan an afternoon of Hide & Seek, Cornhole, Giant Jenga, or set up an obstacle course for summer fun

PARK CLEAN UP: Pick up litter in your neighborhood or local park

GROW A SUNFLOWER: Plant some giant sunflower seeds and watch them grow tall and beautiful

STARRY EYES: Research the constellations, spend an evening on a blanket or lawn chair enjoying the stars

Explore the Arts

MOVIE NIGHTS: See the 100 Best movies list and watch one you've never seen before

PHOTO WALK: Choose a topic, walk your neighborhood or park and take pictures, develop them and put in a memory book

DISCOVER THE LIBRARY: Let the family check out a book that's been made into a movie and when finished reading, enjoy a movie marathon

DANCE UNDER THE STARS: Crank the music up and dance all night

ARTISTIC ICE CREAM SANDWICHES: Let the sprinkles and fun flavors begin!

DO SOMETHING NEW: Throw some pottery, take a guitar lesson, learn a new language, learn how to arrange flowers...enjoy the arts

