

Name _____

75+ Summer Adventures for Kids 2020

This summer, try to complete at least 30 of these adventures! Write the date next to the activity when you complete it. Write and/or draw about at least 10 of these activities in your journal. *You can also ask your family to post pictures of you completing these activities on social media, using hashtag #WFSsummer20 #whittierfriendsschool and tagging @whittierfriendsschool (Please do not go on social media without your parents' permission!)*

Date	Activity
_____	Roll down a hill.
_____	Finger paint.
_____	Skip down the block.
_____	Play jump rope.
_____	Make recycled crayons.
_____	Slither in the grass like a snake.
_____	Play tug-of-war.
_____	Sweep the sidewalk.
_____	Rake the yard.
_____	Eat Breakfast for Dinner.
_____	Run through the sprinkler.
_____	Help cook dinner.
_____	Take part in a scavenger hunt.
_____	Do a science project. _____
_____	Write a story and illustrate it.
_____	Make a friendship bracelet.
_____	Stack rocks in towers.
_____	Create a maze in dirt or sand.

Date	Activity
_____	Make a moat in the sand.
_____	Make pinwheels and blow them outside.
_____	Blow bubbles.
_____	Make ice cream sundaes.
_____	Read a book outside.
_____	Ride a bike or scooter.
_____	Balance on one foot and count. (number: _____)
_____	Tie dye a shirt.
_____	Hang upside down.
_____	Go for a walk.
_____	Make rainbow puddles with sidewalk chalk.
_____	Float in a pool.
_____	Dive for treasures in a pool.
_____	Eat a berry salad with lots of colors.
_____	Find shapes in the clouds.
_____	Build a fort.
_____	Read in your fort.
_____	Listen to a waterfall.
_____	Drink lemonade.
_____	Spend a whole day without "screen time".
_____	Make and eat a fruit popsicle.
_____	Play a board game.
_____	Hang a sign with a cheerful message in your window.

Date	Activity
_____	Put on some music and dance.
_____	Use sunlight and a prism to make a rainbow.
_____	Climb a mountain with your family.
_____	Eat watermelon straight off the rind.
_____	Take a picture of something beautiful.
_____	Take a picture of something funny.
_____	Try a new food: _____
_____	Wear sunglasses.
_____	Put away your toys.
_____	Trace your finger over the lines in bark.
_____	Make and drink a smoothie.
_____	Finish a puzzle that is at least 100 pieces.
_____	Get ice cream from an ice cream truck.
_____	Wear sunscreen.
_____	Walk a trail and look for animal tracks.
_____	Let ice melt in your mouth.
_____	Swing in a hammock or porch swing.
_____	Play hide and go seek.
_____	Recommend a book to a friend. Which book?
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_____	Jump over all the cracks in the sidewalk.
_____	Learn a new card game.
_____	Stargaze.
_____	Pack a picnic and enjoy eating outside.

Date	Activity
_____	Plant something. _____
_____	Make your bed.
_____	Grow crystals.
_____	Wear sandals.
_____	Make an art project or craft.
_____	Take part in a library summer reading program.
_____	Climb a tree.
_____	Facetime someone and play a game.
_____	Blow bubbles.
_____	Watch a sunrise.
_____	Wash windows.
_____	Sleep late. What time? _____
_____	Play frisbee.
_____	Mail a letter to a grandparent or older family friend.
_____	Read a story to someone.
_____	Collect 25 coins, then count them. Total: _____
_____	Wash the dishes.
_____	Feed a pet.
_____	Match your clean socks.
_____	Make and eat s'mores.
_____	Watch a classic animated film (pre-1990)
_____	Make a musical instrument from sticks, rocks, etc.
_____	Lay outside and relax.
_____	Do something nice for someone.