



Summer Family Fun Activities – One Day at a Time

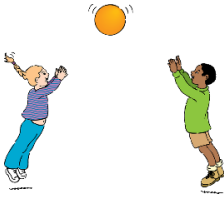
Week 1

July 6th MOVEMENT MONDAY



Go on a family walk for 20 minutes
Remember no phones!

July 7th TUESDAY TOSS



Have a catch with a baseball, football or lacrosse
(a plain old ball will work just fine)
How many can you catch without dropping it? Set
a goal and then beat it!

July 8th WINNING WEDNESDAY



Take a family bike ride.
Explore your neighborhood.

July 9th TRANSFORMATION THURSDAY



Do some yoga.
Put on some relaxing music and utilize the many
yoga classes on YouTube and other venues.

July 10th FRIDAY FUN



Play some old-time outside games.
Hide and Seek, Simon Say, Freeze Tag, Red Light
Green Light, One Two Three, Red Rover,
Hopscotch