



July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Find items in your house that begin with "D". Write a list!	2 Watch a weather report and find out what the temperature will be tonight.	3 Take a walk and notice the differences between summer and winter	4 Take out the play dough and old cookie cutters and pretend to bake up a storm!	5 With adult permission, make a fort with pillows and sheets. Take a picture.	6 Help fold laundry and deliver to family's rooms.
7 Ask an adult to play a board game with you.	8 Rent a yoga video for kids. Can you make all the moves?	9 Pretend you are an airplane. Fly around your back yard.	10 Clean out your toys and donate them to someone who needs them.	11 Make up a game that calls for hopping and jumping.	12 Write a postcard to a loved one.	13 Go to the library and check out a book on
14 Sleep in a little later and help to make a big breakfast.	15 Put on some music and dance.	16 When you are in the car, see how many signs you can read.	17 Help cut out coupons (stay on the line)	18 Ask an adult to play a video game with you. Teach them if they don't know.	19 Name 3 things that made you happy today.	20 Make a card for someone you love.
21 Ask a grown up to read the comics to you. Make your own.	22 Call a loved one or friend on the phone and tell them what you are up to.	23 Ask a friend over to play.	24 Make little people out of pipecleaners.	25 Help take out the trash.	26 Pop some popcorn and watch an old movie.	27 Make a structure out of toothpicks and mini marshmallows. Take a picture!
28 Ask a grown up to teach you an old fashioned song.	29 Learn the names of flowers.	30 Make some jello...what is your favorite color?	31 Bat a balloon, count by 5's, 10's and 100's			

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