

75+ Summer Adventures for Kids

This summer, try to complete at least 30 of these adventures! Can you do MORE than 30? 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.

Date	Activity
_____	Roll down a hill.
_____	Do wheelbarrow races with a friend.
_____	Skip down the block.
_____	Play jump rope.
_____	Do a cannonball into the pool.
_____	Slither in the grass like a snake.
_____	Play tug-of-war.
_____	Sweep the sidewalk.
_____	Rake the yard.
_____	Carry a bag of mulch or dirt to the garden.
_____	Run through the sprinkler.
_____	Feel a fuzzy caterpillar.
_____	Play in a water table.
_____	Fill a bucket with water beads.
_____	Submerge your feet in the water beads.
_____	Roll your hands over smooth pebbles.
_____	Stack rocks in towers.
_____	Create a maze in the sand.

Date	Activity
_____	Make a moat in the sand.
_____	Make pinwheels and blow them outside.
_____	Blow lifesize bubbles.
_____	Try a handstand in the park.
_____	Read a book at the park.
_____	Ride a bike or scooter.
_____	Balance on one foot and count. (number: _____)
_____	Have a potato sack race.
_____	Hang upside down.
_____	Let creepy crawlies crawl on your arm.
_____	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.

Date	Activity
_____	Make and eat a salad using garden veggies.
_____	Use sunlight and a prism to make a rainbow.
_____	Climb a mountain with your family.
_____	Eat watermelon straight off the rind.
_____	Make a whistle from a blade of grass.
_____	Blow feathers from your hand.
_____	Sit quietly by a campfire. Listen to the crackle.
_____	Wear sunglasses.
_____	Put away your toys.
_____	Trace your finger over the lines in bark.
_____	Search for seashells.
_____	Let your feet sink into the wet sand.
_____	Apply aloe to your skin.
_____	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.
_____	Crawl through tunnels.
_____	Jump over all the cracks in the sidewalk.
_____	Learn a new card game.
_____	Stargaze.
_____	Pack a picnic and enjoy eating outside.

Date	Activity
_____	Go to a yard sale.
_____	Make your bed.
_____	Attend a concert in a park.
_____	Attend a movie in a park.
_____	Go to the library.
_____	Take part in the library summer reading program.
_____	Climb a tree.
_____	Go to a farmers market.
_____	Blow bubbles.
_____	Watch a sunrise.
_____	Make ice cream.
_____	See Fireworks.
_____	Play frisbee. 78
_____	Go visit a grandparent or older family friend.
_____	Read a story to someone.
_____	Collect 25 coins, then count them.
_____	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, leaves, etc.