

*Fun*

# SUMMER SCHEDULE

| TIME   | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--------|---------|-----------|----------|--------|
| 8:00a  |        |         |           |          |        |
| 9:00a  |        |         |           |          |        |
| 10:00a |        |         |           |          |        |
| 11:00a |        |         |           |          |        |
| 12:00p |        |         |           |          |        |
| 1:00p  |        |         |           |          |        |
| 2:00p  |        |         |           |          |        |
| 3:00p  |        |         |           |          |        |
| 4:00p  |        |         |           |          |        |
| 5:00p  |        |         |           |          |        |
| 6:00p  |        |         |           |          |        |
| 7:00p  |        |         |           |          |        |



# Summer BLOCK SCHEDULE

|      | GOOD MORNING!  | ACTIVITY TIME                    | LUNCH & CLEAN              | QUIET TIME                   | DINNER                      | GOOD NIGHT!                         |
|------|--|----------------------------------|----------------------------|------------------------------|-----------------------------|-------------------------------------|
|      | get dressed<br>eat breakfast<br>brush teeth<br>do hair | activity at home or go somewhere | make lunch, eat & clean up | independent play time or nap | help make dinner & clean up | quality time<br>read<br>bath<br>bed |
| MON  |  |                                  |                            |                              |                             |                                     |
| TUES |  |                                  |                            |                              |                             |                                     |
| WED  |  |                                  |                            |                              |                             |                                     |
| THUR |  |                                  |                            |                              |                             |                                     |
| FRI  |  |                                  |                            |                              |                             |                                     |

# My SUMMER CHECKLIST

| ACTIVITY/TASK   | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---------|-----------|----------|--------|----------|
| <b>Personal Care</b><br>hygiene, take care of self                        |        |         |           |          |        |          |
| <b>Contributions</b><br>chores, help out, pick up after self              |        |         |           |          |        |          |
| <b>Learning</b><br>read, build, create, learn something new, go in nature |        |         |           |          |        |          |
| <b>Mind Care</b><br>breathing, sit spot, being aware of body, prayer      |        |         |           |          |        |          |
| <b>Exercise</b><br>move my body!  |        |         |           |          |        |          |
| <b>Connection</b><br>call or hang out with a friend, facetime family      |        |         |           |          |        |          |
| <b>Play!</b><br>have fun!   |        |         |           |          |        |          |



# Daily ACTIVITIES

## HELP

wipe counters  
pick up toys  
organize books  
dust  
clean out car  
clean toys  
empty garbages  
dishes  
fold laundry  
put clothes away  
sweep  
mop  
clean windows  
sorting projects  
make food

## CREATE

paint  
color  
draw  
build  
play dough  
tape  
sidewalk chalk  
mosaic art  
cardboard  
origami  
magnatiles  
blocks  
legos  
fort/house

## LEARN

read  
STEM project  
science project  
learning game  
go in nature  
puzzles  
listen to podcast  
listen to a book  
watch video  
math facts  
learn new words  
scavenger hunt

## MOVE

trampoline  
swim  
dance  
run  
obstacle course  
ride bike/scooter  
hide & seek  
tag  
go to park  
walk  
exercise video  
yoga

## SPREAD JOY

smile  
kindess card  
thank you card  
draw picture  
lemonade stand  
volunteer  
visit a friend  
compliment  
give flowers  
open door  
put shopping  
cart back  
bake cookies  
deliver meal  
give out water  
donate money  
chalk messages



# Summer of Joy

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

6

