

SUMMER BUCKET LIST SCHEDULE



family time ✨ long bike ride
bake yummy treats
nature walk

Savor it SUNDAY

bird watch ✨ visit lake or ocean
game night ✨ tell jokes
gratitude journal

hike ✨ exercise class ✨ yoga
run ✨ swim ✨ new park
outdoor adventure

Move it MONDAY

nerf park ✨ rock climbing
children's museum ✨ bike
indoor sky diving

visit family or friends
friend scavenger hunt
stay up super late

together TUESDAY

backyard camp out
visit animal shelter ✨ picnic
fancy dinner ✨ movie night

water park ✨ lake ✨ boating
hike waterfall ✨ beach
play in sprinklers

Water WEDNESDAY

water balloons ✨ go fishing
water gun fight ✨ wash car
rain play ✨ splash pad

write thank you cards
lemonade stand
draw picture for someone

thoughtful THURSDAY

smile ✨ visit a friend
walk your chalk ✨ bake
mail kindness notes

playground ✨ library
explore neighborhood
make art ✨ go hiking

Fun & Free FRIDAY

skate park ✨ free festivals
walk around nearest city
play a sport ✨ story time

volunteer ✨ clean park
collect & donate cans
visit nursing home

Service SATURDAY

send military care package
make homeless care kits
show love



Our Family's Daily Routine

WAKE UP * SELF-CARE



personal care



family care,
chores



soul/mind care

LATE MORNING * MOVE YOUR BODY



bike/scooter



jump



go somewhere
fun!



swim



play outside

AFTERNOON * QUIET TIME



read



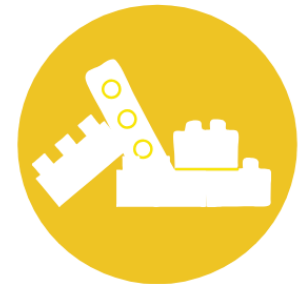
nap



write



listen to podcast



build/create

EVENING * WIND DOWN



dinner



family time



game/puzzle



read



sleep

Be the Reason Someone

 smiles today 

DAILY SCHEDULE

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GRATITUDE

PRIORITIES

MEALS