

# SUMMER ACTIVITY CHALLENGE I

<p><b><u>Hand it to You</u></b> Trace your hand on a piece of paper. Write something positive about yourself on each finger. Write how you feel on the thumb. Draw a picture of yourself on the palm.</p>	<p><b><u>Piggy Bank</u></b> Collect spare change you find around your house this summer. On the last day of summer, guess how much you collected. Count it! How close was your guess?</p>	<p><b><u>Shooting Stars</u></b> The Perseid Meteor Shower peaks August 11-12 this year. Look up after it gets dark and write about what you see!</p>	<p><b><u>Cool Collages</u></b> Make a collage of things you like to do. You can get pictures from old magazines or the internet (ask permission). Bring in your collage to share.</p>	<p><b><u>Food Scavenger Hunt</u></b> In the grocery store, a flyer, or your kitchen, find 5 foods from each food group: Protein, Grains, Fruits, Vegetables, and Dairy.</p>
<p><b><u>Fire Safety</u></b> Draw a map of your home. Label all exits you would use in case of a fire. Plan a safe meeting place for everyone in your house.</p>	<p><b><u>Things to Bring</u></b> Pretend you are going away for a week. Make a list of items you would need for the trip. It can be any place you want.</p>	<p><b><u>Man's Best Friend</u></b> Write a story about your pet or a pet you wish you had. Why did you choose this pet?</p>	<p><b><u>Game Night!</u></b> Play a game of Charades or Simon Says with your family.</p>	<p><b><u>My Holiday</u></b> Make up your own holiday. Write the name, the date, and why you picked the holiday. How do you celebrate?</p>
<p><b><u>Interesting Interviews</u></b> Interview an adult (family member or friend of the family) about what life was like when they were your age.</p>	<p><b><u>Obstacle Course</u></b> Make an obstacle course in your backyard. Have family and friends complete it. See who can complete it the fastest!</p>	<p><b><u>Sunrise, Sunset</u></b> Watch a sunrise or sunset and draw a picture of what you see.</p>	<p><b><u>Alphabet I-Spy</u></b> When riding in the car, or just looking around your house, see if you can find items that begin with each letter of the alphabet.</p>	<p><b><u>Chore Time</u></b> It's important for everyone to help out around the house. Pick a chore and complete it for 1 week. What did you pick?</p>
<p><b><u>Bugging Out!</u></b> Explore your yard and look for insects. List as many as you can. Draw pictures of the ones you don't know.</p>	<p><b><u>Food for Thought</u></b> Try 3-5 new fruits and vegetables. Write what they were and describe your experience. Will you eat it again?</p>	<p><b><u>Man in the Moon</u></b> Look up at the moon around July 4th, July 12, and July 27th. Record what you see!</p>	<p><b><u>Savvy Shopper</u></b> Find a new recipe you want to try. Using the recipe, make a shopping list of the things you need at the store. Ask an adult if they can help you get the items.</p>	<p><b><u>Leaf Rubbings</u></b> Collect some leaves and make leaf rubbings. Label each type of leaf you know. Bring to school to share.</p>
<p><b><u>What Makes You Happy</u></b> Practice thinking of good things and feelings, and letting go of bad ones. Every day write 2-3 things that make you happy. Look at your list when you're feeling down.</p>	<p><b><u>LOL!</u></b> Make up your own comic book. Make sure your book is appropriate to share in school.</p>	<p><b><u>Summer Journal</u></b> For each week of the summer, (10 weeks), draw or write 2-3 sentences about whatever is on your mind.</p>	<p><b><u>Watermelon</u></b> Write the word "watermelon" on a piece of paper. How many words can you make from the letters in the word?</p>	<p><b><u>Great Graphing</u></b> Choose something to track for 1 week. For example, what time did you go to bed each night, or the daily temperature. Make a graph of your data!</p>