



PAUSE, RESET, NOURISH – FOR FAMILIES

Fun in the Sun-60 Day Challenge

Summer family activities this year may be a challenge due to some of the closures from covid-19. Boredom can set in really quickly especially since everyone has been self-isolating for several months.

Children and caregivers work together to generate a list of at least 60 different fun things you can do this summer. Caregivers can provide some structure in terms of costs. Be sure to include a variety of activity ideas indoor and outdoor for those weird weather days, physical and calm, family or just the kids... so many choices.

Then put the slips of paper either in a decorated jar or box and draw one a day or for a few days at a time, you can also get really creative and make something like an advent calendar for summer activities.

Be prepared to make your Fun in the Sun – 60 Day Challenge a success!

***These tools provide an opportunity to distract from negative thinking and boredom.
Practice with them...Modelling is a great teaching tool***

- 11. Fly a Kite
- 12. Bake some cookies
- 13. Create a calm zone or glitter jar
- 14. Splash pad in the yard
- 15. Board games
- 16. Spa day at home
- 17. Read a book or draw
- 18. Funny races in the yard
- 19. Karaoke night or dance party
- 20. S'mores for dessert



- 1. Scavenger Hunt
- 2. Play Frisbee together
- 3. Star gazing or Cloud watching
- 4. Picnic in backyard
- 5. Campout in the yard
- 6. Themed family dinner like a Hawaiian luau
- 7. Bike Ride
- 8. Do a big puzzle
- 9. Family Charades
- 10. Movie under the stars

Pause

Thoughts: I can't do this, life is unfair, no one understands me
Emotions: Overwhelmed, Resentful, Anxious, Frustrated
Body Sensations: headache, sweating, tired , upset stomach

Reset

Do something that helps you reset.
Deep breathing, notice 5 things around you, Drink something cold

Nourish

Notice something positive. How do you feel? Has anything changed?
(thoughts, feelings, body sensations)