



# SUMMER DAILY ACTIVITY LIST



## Taking Care of YOU!

PAVE has created a suggested list of activities to follow every day this summer. Give yourself grace if you cannot do everything on the list. Nobody is keeping track. Your reward will be a healthy mindset! Type Mindfulness into the search bar on our website to find other articles and videos to support self-care for everyone in the family.

### Morning - Take Care of Yourself!

Do All

- Eat breakfast
- Get dressed and take a shower if needed
- Brush teeth and hair
- Pick up your room and make your bed
- Put away 4 things that are out of place



### Building up your body

PICK ONE +

- Challenge yourself to do something outside for at least 1 hour
- Go for a walk, walk a pet, or draw with sidewalk chalk
- Help make a yummy healthy meal
- Play with friends or swing at a nearby park
- Tired or crabby? Take a nap! 😊

### Building up your brain

PICK ONE +

- Do a puzzle, play with Lego bricks, make music
- Write a story, read a book (at least 1 chapter or 20 minutes)
- Choose something else creative that you enjoy



### Take care of my home

PICK ONE!

- Help to wash dishes
- Load /unload dishwasher
- Vacuum one room
- Empty garbage
- Do a new chore!



### Building up others

PICK ONE +

- Write a letter to a friend or family member
- Give a compliment
- Find a small or large way to help someone; a little kindness goes a long way!