

Summer Activities

Sunday Self Care Sunday	Monday Mindful Mondays	Tuesday Talking Tuesday	Wednesday Workout/Wellness Wednesdays	Thursday Thankful Thursdays	Friday Field Trip Fridays	Saturday Stay at Home Saturdays!
June 2020	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Last day of School!	27 Watch a movie with your family. Afterwards talk about your favorite part!
28 Get 9-11 hours of sleep tonight and wake up feeling AMAZING tomorrow!	29 Join cosmic Kids Yoga for some yoga, mindfulness and relaxation. https://www.youtube.com/watch?v=K7FUbtac_ds	30 Send a kind text or email to a friend or family.				

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<p style="color: red; font-size: 2em; text-align: center;">July 2020</p>			<p>July 1st Work out with The New York Yankees! The Yankees strength & conditioning team gives you easy at-home workouts for you to do. Click the link. Wellness Wednesday New York Yankees</p>	<p>July 2nd Write about or make a video about something you are thankful for. Share this with a family member or friend.</p>	<p>July 3rd Click the link below to take a virtual tour of The Smithsonian National Museum of Natural History in Washington D.C! Virtual Tour</p>	<p>July 4th Wear red, white, and blue. Draw a patriotic picture and hang it in your window.</p>
	<p>July 5th Eat three healthy meals today.</p>	<p>July 6th Unwind with Go Noodle! https://www.youtube.com/watch?v=k4gkvyZYxb0&t=4s</p>	<p>July 7th Talk to a family member or friend for 30 minutes without using technology.</p>	<p>July 8th Get Yo Body Movin - Koo Koo Kanga Roo GoNoodle</p>	<p>July 9th Show somebody special how thankful you are for them by doing an act of kindness. For example, write a note, make them breakfast/lunch, clean up, do an extra chore to help...</p>	<p>July 10th Take a virtual tour of a farm! FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs. FarmFood 360</p>
<p>July 12th Listen to calm relaxing music today.</p>	<p>July 13th Color your emotions on a piece of paper. Write down 5 feeling words. Pick a color to represent each emotion and draw a picture. Label your emotions.</p>	<p>July 14th Call a relative you love.</p>	<p>July 15th Banana Banana Meatball - Blazer Fresh GoNoodle</p>	<p>July 16th Write one good thing you did for somebody else this week (without being asked)</p>	<p>July 17th Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip. Online Tours Louvre Museum Paris</p>	<p>July 18th Make a fort with sheets and pillows! Do fun things in your fort such as reading a book or coloring.</p>
<p>July 19th Do something you enjoy today.</p>	<p>July 20th Draw, paint, play with Play-doh, take a photograph or color. Being a "Maker" empowers and inspires.</p>	<p>July 21st Talk to a trusted adult about something that matters to you.</p>	<p>July 22nd https://www.youtube.com/watch?v=2UcZWXvgMZE</p>	<p>July 23rd Create a thank you sign and put it in the window</p>	<p>July 24th History comes alive with this beautiful virtual tour of The Great Wall of China! Great Wall of China Travel Guide & Tours</p>	<p>July 25 Write five positive things about yourself (character traits, skills, talents etc.). Hang it someplace in your home so you will see it everyday.</p>
<p>July 26th Be creative; do something artistic today.</p>	<p>July 27th Vision Board: Collect pictures and/or words to create a collage of inspiration. Think about things that make you happy, bring you joy and things you hope to accomplish next school year.</p>	<p>July 28th Set up a google meet with some of your friends.</p>	<p>July 29th [EXTREME RARE VIDEO] Just Dance 2018 - Waka Waka This Time For Africa - 4 players</p>	<p>July 30th Write a family member a nice note. Hide it somewhere where they will see it (next to their bed, in the kitchen, in a book they are reading...)</p>	<p>July 31st The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour! San Diego Zoo Kids: Home</p>	

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August 2020						August 1 Zooming Out! Look outside a window or around your home. What things do you see that you never noticed before?
August 2 Play a board game or cards with a family member.	August 3 Practice melting away that icky frozen feeling you get when you're scared, frustrated, or angry. Melting - Flow GoNoodle	August 4 Here are some conversation starters: Conversation Starter Cards.pdf	August 5 https://www.youtube.com/watch?v=etYhiq9hM8A&t=5s	August 6 Something that makes me feel better that I am grateful for is./..	August 7 Take a virtual trip to The Monterey Bay Aquarium and watch live videos of sharks, sea otters, penguins, and more! Live cams	August 8 Draw a heart. Inside, draw things that make your family unique (traditions, jokes, memories)
August 9 Play with a pet, sibling, cousin, friend, or stuffed animal.	August 10 Learn how to grow strength and confidence! Victorious - Flow GoNoodle	August 11 Have a conversation with your family today.. Here are some conversation starters. https://www.anxioustoddlers.com/family-dinner/#.Xs6xm1NKqW	August 12 Just Dance 2020 high hopes	August 13 Something that is funny that I am grateful for is...	August 14 Visit Yellowstone National Park! Virtual Tours - Yellowstone National Park (US National Park Service)	August 15 Have a dance party with members of your family! FaceTime family members who cannot be with you in person.
August 16 Read a book.	August 17 Learn how to gain control of stressful energy when it becomes too hard to handle https://www.youtube.com/watch?v=bRkLIoT_NA&t=1s	August 18 Watch the video below for some fun ways to have great conversations! Two Fun Ways to Practice Conversation Skills — Encourage Play	August 19 Peanut Butter Jelly Time with Lyrics!!!	August 20 One good thing that happened this week that I am thankful for is...	August 21 Investigate the themes of air, land, water, and waste! FUTURE U.	August 22 Grades 4-5 Family Game Night! Play a board game or create your own!
August 23 Meditate or do some yoga. https://www.youtube.com/watch?v=0vuaCHEAs-4&list=PL0fb7B3SUnenXqoJlbg3y509Z5ood_Pck	August 24 Have fun as you shift your weight back and forth and balance on one leg! Hungry Flamingo - Maximo GoNoodle	August 25 Play Emotions Bingo! https://www.youtube.com/watch?v=Qt5KdVrGgTA&t=16s Click the link below for the Bingo Board. https://everydayspeech.com/social-skills-videos-index-worksheets/index.php/?wpdm_dl=3781	August 26 Trolls: Can't Stop The Feeling GoNoodle	August 27 <i>Say thank you to somebody face-to-face.</i>	August 28 Take a tour of The Boston's Children Museum! Museum Virtual Tour	August 29 Zooming In Find an object in the home. Use your five senses (see, touch, taste, sight, smell) to jot down your observations. What did you see that you never noticed before?
August 30 Do some deep breathing. Rainbow Breath - Flow GoNoodle	August 31 Bring on the tranquility and become "light as a feather" Light As A Feather - Flow GoNoodle					

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September 2020		September 1 Play "Two Truths and a Lie" with a friend or family member. Say two things about you that are true and one that is a lie. Your friend/family member needs to figure out which things are true and which are false.	September 2 Sing and dance to this song to get pumped up! Peanut Butter in a Cup - Moose Tube GoNoodle	September 3 One good thing you are looking forward to this school year	September 4 Learn about the exciting ways robotics and digital technology will impact the skills needed to succeed in advanced manufacturing! US Virtual Field Trips	September 5 Unplug from your devices. Find some quiet time and enjoy the silence.
	September 6 Visualize a peaceful place.	September 7 Watch the video below and be kind to yourself! Be Kind To Yourself - Empower Tools GoNoodle	September 8 Talk to a family member or friend about the things you are excited about for the new school year!	September 9 Play Freeze Dance with a family member. Play music and when it pauses you have to "freeze" or stop dancing. Unpause the music to keep dancing!	September 10 First Day of School!	