

Summer Wellness Challenge



Summer Wellness Challenge Checklist

Student Name (First, Last): _____

School Name: _____ Grade in Fall 2021: _____

Weekly Challenge	Sentence Summary (options include key takeaway, who participated with you, if there were multiple choices which one did you choose, how you felt during activity, or if you learned something new)	Student Initials	Caregiver Initials
Week 1 (June 21 – 25) Mindfulness			
Week 2 (June 28 – July 2) Community Service			
Week 3 (July 5 – 9) Empathy			
Week 4 (July 12 – 16) Physical Fitness			
Week 5 (July 19 – 23) Garden			
Week 6 (July 26 – 30) Nutrition			
Week 7 (August 2 – 6) Life Skills			
Week 8 (August 9 – 13) Purpose			
Week 9 (August 16 – 20) Compassion			
Week 10 (August 23 – 27) Gratitude			

Share your family completing the challenges on social media using #BeachCitiesSummerChallenge. Join the fun at www.bchd.org/summerchallenge.



Summer Wellness Challenge



Summer Bucket List

- Chase butterflies
- Climb trees
- Dig for insects
- Go on a nature walk
- Go swimming
- Have a scavenger hunt
- Organize a family Olympics and include activities such as:
 - Hula hoop
 - Jump rope
 - Limbo
 - Sack race
 - Three-legged race
 - Water balloon toss
- Play frisbee
- Play hide and seek
- Play hopscotch
- Play tag
- Play tennis
- Ride bikes
- Run through water sprinklers/hose
- Take a walking tour of a new neighborhood
- Try a new sport
- Throw a dance party

Adapted from Action for Healthy Kids