

Summer Wellness Challenge



Summer Bucket List

- Chase butterflies
- Climb trees
- Dig for insects
- Go on a nature walk
- Go on a hike through a hilly area
- 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