

This month's toolbox item is a "Summer Family Bucket List," where we offer some suggestions for summer family activities and give space for your family to add ideas of your own. Bring your family together and brainstorm. Honestly, with teens, your best bet is to let them lead the way and share some things they want to do first. Once you have created the list, post it somewhere in your home and check off items as you do them. It'll be fun to get to the end of the summer and see how much you have done together.

Here are some ideas to use as a starting point.

Easy Fun Activities

- ☐ Check out any state parks nearby that you've never visited. If there is somewhere close, it might be a nice afternoon or day trip.
- Go to a sporting event. Your city or town may have a local sports team, so head to a ball game and cheer your heart out.
- ☐ **Host a game night.** Who doesn't like playing games with friends? Invite a few families over and let the competitive juices flow.
- ☐ **Go to a fruit farm and pick your own.** Strawberry patches are typically popular in the summer, so see if you can find one in your area.
- ☐ **Take the entire family on a bike ride.** You may have to do a little work to find some bikes (especially for you), but these kinds of rides are super fun. Maybe your teens will remember how much fun adventures like this are.
- ☐ Have your teen pick a recipe for dinner and cook it together. One day, they are going to have to learn to feed themselves, so why not start the process now?
- □ **Play some video games together.** Let them be the expert and teach you how to play their favorite video game. Just don't beat them. That might not go well :
- ☐ Go on an "Acts of Kindness" scavenger hunt. Make a list of kind things to do around town (pay for someone's drink, leave encouraging notes, compliment a stranger, etc.). See how many you can complete in a day or week!
- ☐ **Stargaze.** Lie on a blanket in the yard, look for constellations, and maybe bring out a telescope or a stargazing app. Don't forget the snacks!



