



SUMMER OF JOY

SUMMER FAMILY ACTIVITY BOOK



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And you must **love the Lord your God** with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly to these commands that I am giving you today. **Repeat them again and again to your children.** Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.

Deuteronomy 6:5-9, New Living Translation

SECTION 1: MAKING AN IMPRESSION

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. **Impress them on your children.** Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. (Deuteronomy 6:5-7, NLT)

SECTION 2: AT HOME

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit **at home** and when you walk along the road, **when you lie down and when you get up.** (Deuteronomy 6:5-7, NLT)

SECTION 3: ON THE ROAD

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and **when you walk along the road,** when you lie down and when you get up. (Deuteronomy 6:5-7, NLT)

SECTION 4: SHOW THE WORLD

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ***Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.***
(Deuteronomy 6:5-9, NLT)

SECTION 5: BOREDOM BUSTERS

SECTION 6: SUMMER HOLIDAY ACTIVITIES

APPENDIX A: GUIDE TO LOCAL FAMILY ADVENTURES

APPENDIX B: FAMILY SUMMER TECH PLAN

APPENDIX C: CREATIVE DATES FOR COUPLES

Section 1: **MAKING AN IMPRESSION**

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. **IMPRESS THEM ON YOUR CHILDREN.** Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Deuteronomy 6:5-7, NLT

FAMILY BIBLE READING

Use this summer to create new spiritual rhythms in your home. Create a plan for family members to read the Gospel of Matthew during the summer. See the suggested readings below. Give a specific time and place for each person to spend time reading this summer.

Structure the plan according to the age of each individual in the family. For example, young children could read for 15 minutes after breakfast. Older children could read 30 minutes before bed. Encourage each person in the family to read individually. Even if children do not understand everything they are reading, you are developing the daily discipline of spending time in God's Word. For very young children, a parent or older child could read the Bible to that child. Look for a children's version of the Bible that will be easier to understand.

Scripture reading also could be a good way for children and teens to earn additional tech time. See the instructions for a summer tech plan in Appendix B. Teens who log specific minutes of Bible reading could earn equal additional minutes of tech time.

In addition to individual reading, schedule a specific family Bible reading. Read the same passage each family member has read individually. Talk about the passage. Ask questions. Encourage all members of the family to actively participate in the family discussion. Allow older family members to help younger ones with the reading. Choose different family members to read aloud. Use the following questions to guide discussion:

- What is this part of the Gospel of Matthew talking about?
- Who are the main characters, or who is speaking?
- What is the point? Why did God put this in the Bible?
- What do we do now? What does God want us to do?

Studying God's Word always should prompt us to action. We should use the Bible to guide our words and our actions. Based on your study of God's Word, ask these questions: How can I obey? Who can I tell?

READING PLAN VERSES

June 1 — Matthew 1:1-17

June 2 — Matthew 1:18-25

June 3 — Matthew 2:1-15

June 4 — Matthew 2:16-23

June 5 — Matthew 3:1-12

June 6 — Matthew 3:13-17

June 7 — Matthew 4:1-11

June 8 — Matthew 4:12-25

June 9 — Matthew 5:1-16

June 10 — Matthew 5:17-32

June 11 — Matthew 5:33-48

June 12 — Matthew 6:1-18

June 13 — Matthew 6:19-34

June 14 — Matthew 7:1-14

June 15 — Matthew 7:15-29

June 16 — Matthew 8:1-17

June 17 — Matthew 8:18-34

June 18 — Matthew 9:1-17

June 19 — Matthew 9:18-38

June 20 — Matthew 10:1-15

June 21 — Matthew 10:16-33

June 22 — Matthew 10:34-42

June 23 — Matthew 11:1-19
June 24 — Matthew 11:20-30
June 25 — Matthew 12:1-14
June 26 — Matthew 12:15-32
June 27 — Matthew 12:33-50
June 28 — Matthew 13:1-17
June 29 — Matthew 13:18-30
June 30 — Matthew 13:31-43

July 1 — Matthew 13:44-58
July 2 — Matthew 14:1-21
July 3 — Matthew 14:22-36
July 4 — Matthew 15:1-20
July 5 — Matthew 15:21-39
July 6 — Matthew 16:1-12
July 7 — Matthew 16:13-28
July 8 — Matthew 17:1-13
July 9 — Matthew 17:14-23
July 10 — Matthew 17:24-18:9
July 11 — Matthew 18:10-20
July 12 — Matthew 18:21-35
July 13 — Matthew 19:1-15
July 14 — Matthew 19:16-30
July 15 — Matthew 20:1-16
July 16 — Matthew 20:17-34
July 17 — Matthew 21:1-17
July 18 — Matthew 21:18-32
July 19 — Matthew 21:33-46
July 20 — Matthew 22:1-14
July 21 — Matthew 22:15-33
July 22 — Matthew 22:34-46
July 23 — Matthew 23:1-36
July 24 — Matthew 23:37-24:2
July 25 — Matthew 24:3-14
July 26 — Matthew 24:15-31
July 27 — Matthew 24:32-51

July 28 — Matthew 25:1-13
July 29 — Matthew 25:14-30
July 30 — Matthew 25:31-46
July 31 — Matthew 26:1-16

August 1 — Matthew 26:17-35
August 2 — Matthew 26:36-56
August 3 — Matthew 26:57-75
August 4 — Matthew 27:1-23
August 5 — Matthew 27:24-44
August 6 — Matthew 27:45-56
August 7 — Matthew 27:57-66
August 8 — Matthew 28

FAMILY SCRIPTURE MEMORY

As a family, pick verses to memorize together. Choose your own verses or use the verses provided below.

TALK Read the verse and talk about its meaning. Help younger children look up words they do not understand. Discuss as a family what God is communicating with this verse.

WRITE Spend time writing out the verse in different ways. Use a poster board and be creative. Encourage children to write the verse and decorate it. Place the poster in a prominent place in your home. Make smaller cards to place on the car dashboard, on the computer, or on the kitchen table. Use a dry erase marker to write the verse on bathroom mirrors.

MOVE Create hand motions for each word in the verse. This method is helpful for memorization and is great fun to create together. It is especially helpful for younger children.

SING Put your verse to a popular tune to sing together. Music aids in memorization!

EAT Make Bible verse placemats. Write the verse on a large piece of paper and protect it with contact paper. Practice verses during mealtime.

PLAY Use the words in the verse to play a game.

PUZZLES • Write the verse on stiff paper and cut into puzzle pieces. Put the puzzle back together and read the verse.

BEAN BAG TOSS • Sit in a circle and toss a bean bag to each other. When a family member catches it, he or she must say the next word in the verse.

DUPLO® BLOCKS • Place each word on a different large DUPLO block and have young children build a tower to put the words in order. Read the words together with them.

SIDEWALK LEARNING • Use sidewalk chalk to write the verse on the driveway or sidewalk. Practice the verse as you play outside as a family.

JUNE

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven" (Matthew 5:16, English Standard Version).

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23, ESV).

"If you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved" (Romans 10:9, ESV).

JULY

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast" (Ephesians 2:8-9, ESV).

"You shall love the Lord your God with all your heart and with all your soul and with all your mind" (Matthew 22:37, ESV).

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God" (Philippians 4:6, ESV).

AUGUST

"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him" (Colossians 3:17, ESV).

"Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity" (1 Timothy 4:12, ESV).

FAMILY PRAYER

The simple routine of praying together at home makes it much more likely that you will:

- Build a life-long, thriving marriage.
- Strengthen the relationship with your children and teens.
- Nurture strong faith in the hearts of your children and teens.
- Reduce the level of tension in your home.
- Increase marital trust, respect, and intimacy.

Use these ideas to begin a routine of prayer in your home.

JUMP START PRAYERS

Helpful ways to jump start a prayer routine in your home.

Silent Prayers: The easiest way to start family prayer is by praying silently together. Agree on a prayer list, join hands, and bow quietly.

Sentence Prayers: Take turns allowing each person, who is comfortable doing so, to pray a very short, one-sentence prayer.

High/Low Prayers: Have each person quickly share the high point and low point of his or her day. Then hold hands and give thanks for the high and ask for help with the low.

Fill-in-the-Blank Prayers: Use pre-written language to guide and focus family prayer times. For example, the following starting lines can be used:

- God, I love you because . . .
- Thank you God for . . .
- God, please help . . .
- God, I'm sorry for . . .

PRAYER REMINDER TOOLS

Ideas to make your prayer routine easier and more meaningful.

Prayer Board: Buy a dry erase board or chalkboard to keep near the kitchen table. Use it to keep track of the family prayer list.

Recipe Prayer Cards: Keep a recipe box and cards in the kitchen where any family member can record written prayers. You might want to put the answer to the prayer on the back of the card.

Thanksgiving Jar: Place a jar in a prominent location, with slips of paper inside. Encourage family members to put praises and words of thanks to God on the papers and place them in the jar. Read the papers occasionally during meals.

Family Prayer Journal: Keep a journal and pencil in a prominent place in the house, where any family member can record prayer requests.

Prayer Card Basket: Rather than throw away Christmas cards, thank-you notes, or party invitations, keep them in a basket and use them to pray for the person or family represented by the card.

The most important thing to remember is to be intentional about scheduling prayer into the life of your family!

Section 2: **AT HOME**

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit **AT HOME** and when you walk along the road, **WHEN YOU LIE DOWN AND WHEN YOU GET UP.**

Deuteronomy 6:5-7, NIV

FAMILY DEVOTIONAL ACTIVITIES

Starlight Star Bright

Read Psalm 148:1-5; Psalm 147:4*

Plan an evening under the stars with your family. Use inflatable air mattresses, flashlights, blankets, and pillows for a stargazing party. Before the party, make star shaped cookies with your children. Add a salty snack, like popcorn, and some drinks to quench thirst. Talk about God as the creator of all things. Read the verses and talk about how God knows every star and calls it by name. Remind your family that He created each one of them and knows everything about them too. Bring out a wireless speaker and play some praise music to thank God for all He has done.

**It often is good to read a simpler translation for family devotionals, such as the New Living Translation.*

Green Thumb Garden

Read Luke 12:27-28

Purchase small terra cotta pots and acrylic paints. Have your children paint the pots with colorful designs and decide which plant they want to grow. Go as a family to the local garden store and choose a flower or vegetable. Teach your children how to care for their plants during the summer. As they watch their plants grow, talk about the passage in Luke. God cares for the flowers and plants, and He cares even more for us.

Frozen Fun

Read 1 John 1:9

Place small toys (you probably will find a bunch in the bottom of the toy box) in a small plastic tub of water. Place this tub with the toys in the freezer and wait for it to freeze. Remove the ice block with toys from the tub and place in the backyard. Give your children a bucket of water, spoons, and plastic syringes to chip away at the ice. Challenge them to see who can free the first toy. Talk later in the evening about how all the toys were "stuck" in the ice. Explain how we can get "stuck" in our sin by making bad choices. Read the verse and talk about how Jesus forgives our sins when we confess and say we are sorry. Jesus helps to free us from the power of sin. We no longer are "stuck."

God's Eye

Read Psalm 33:13-15

Teach your child how to make a God's Eye out of craft sticks and yarn (look on Google if you have not seen this craft before). Cross two sticks and help your children tightly wind some yarn around the center to keep the sticks in place. Knot the initial yarn and tuck under the end. Show your children how to wrap the yarn once around a stick as close to the center of the X as possible; then take it over to the next stick. They will wrap it around that stick and continue around in a circle, wrapping the yarn around each stick. The God's Eye can become a colorful decoration to hang in their rooms. Read the verses and talk about how God always is watching over us. The God's Eye can remind them that they are seen and loved by God.

Worry Stones

Read Philippians 4:6

Find some flat river rocks at the local craft store. Cover a table with paper and let your children use acrylic paints to decorate their rocks. Talk about how the Bible tells us not to worry. Instead we should pray. Talk about each child's fears and worries. Pray together as a family about the worries

and give them to God. Children can put the worry stones by their beds to remind them to give their cares to God.

God's Promise in the Rainbow

Read Genesis 6:9-9:16 (This is a long passage, so pick different aspects of the story to read or take several days to read the story of Noah.)

Make Color-Changing Squirty Chalk with six squirt bottles, corn starch, baking soda, food coloring or washable watercolors, and vinegar. Fill three squirt bottles 2/3 full with an equal amount of baking soda and corn starch. Add a few drops of food coloring and then fill the remainder of the bottle with water. Make one red, one blue, and one yellow. Stir with a knife, put on the cap, and shake well. Fill the remaining three bottles with vinegar and add food coloring to each. Make the same three colors for the vinegar bottles. Head outside for some fun! (You definitely will want to wear fun play clothes that you do not mind getting messy.) Your children will be amazed at the interaction of the vinegar colors and the squirty chalk. The colors will fizz and mix in an amazing scientific interaction. Later, tell the story of Noah and God's promise in the rainbow (Genesis 6:9-9:16). Talk about the amazing colors from the squirty chalk and talk about the colors God puts in a rainbow.

Let's Go Fly a Kite

Read Psalm 139:1-18

On a windy day, pick up an inexpensive kite and find a park with open space. Talking about wind is also a great way to talk with older children and teens about God. We know that wind exists even though we cannot see it. We feel it, we hear it, and we see the effect of the wind in making the kite fly. God is the same. He is with us all the time. We cannot see Him, but we can feel Him and see the effect of His presence in our lives. It is a great moment to share a story from your own life of a time when you knew that God did something powerful. Share with your children how you have seen God work in your life.

OUTDOOR FAMILY ACTIVITIES

Water Gun Art

Tack watercolor paper to the fence in your backyard. Purchase liquid watercolors at your local craft store. Put the watercolors in a water gun or spray bottle. Have your children wear swimsuits and let them create a masterpiece. Squirt gun painting is sure to be your children's favorite boredom buster this summer.

Rainbow Pudding Pops

On a hot day, a refreshing popsicle always is sure to put a smile on your children's faces. They can help make this colorful creation and then savor the delicious flavor a few hours later. These rainbow pops are another way to talk about God's rainbow promise in the story of Noah.

Rainbow Pop recipe:

- 2 large boxes vanilla instant pudding mix
- Food coloring
- Dixie cups
- Popsicle sticks

Directions:

Prepare pudding according to package directions (you may need a little extra milk to make it pourable). Let pudding stand until slightly thickened. Divide into five parts and color each part with food coloring. Layer each color of pudding into small dixie cups. Cover with tin foil and insert popsicle sticks. Chill in the refrigerator for two hours and then place in the freezer until completely frozen. Peel away the paper cup and enjoy! Makes 10-12 popsicles.

Fairy Soup

You will need a large pot, Styrofoam bowls, assorted plastic bowls and pots, wooden spoons, a ladle, glitter, and nature items from the yard (such as small shells, rocks, or flower petals). Fill up the large pot with water and encourage your children to use the ingredients to make fairy soup. This pretty outside activity will keep them busy for hours. (If you are fine with the mess, you can add some food coloring to the water to make the fairy soup even more colorful). Your children will love adding the glitter to their soup, and you will be the hero for actually letting them play with glitter! A good hose will wash it all away later in the day.

At the Car Wash

You will need small toy cars, shaving cream, a bucket of water, towels, and a large flat pan or cookie sheet. Put shaving cream on the flat pan. Encourage your children to "wash" the cars in the shaving cream and rinse in the bucket. Dry the cars with the towels and start the whole process over again. This activity will smell great and create hours of messy fun.

Ghost Mud

Want to have some good, clean fun? You will need a bar of ivory soap, a roll of toilet paper, and a cup of warm water. First, ask your children to remove all the toilet paper from the roll (this is pretty much an activity all its own!). Place all the toilet paper in a large bin. Grate the ivory soap into small pieces in a mixing bowl and add a cup of warm water. Mix until it becomes mushy. Pour this over the toilet paper in the bin and put your children to work. Have them mash all the paper and soapy water for several minutes, until it becomes a smooth, slippery, pulpy mess. Be patient and work with the materials for a few minutes until they become a clean-scented, moldable dough. Pull out a rolling pin, bowls, spoons, and other utensils and let your children enjoy this cleaner version of mud pies.

Gravity Game

This activity is great for little ones. Use blue painter's tape to tape an empty paper towel roll vertically to the wall or fence. Give your children a bowl of colorful pom poms. Have them drop the pom poms through the tube into an empty bucket. Gravity is so much fun!

Stomp Paintings

Wrap your children's feet in bubble wrap, using painter's tape to keep it on their feet. Place butcher paper on the back porch or patio, along with a shallow pan of watercolor paint. Encourage your children to walk through the paint and onto the paper to make fun designs.

Balloon Tennis

Glue paper plates to paint sticks and use a balloon to play an energetic game of tennis. This fun activity will use up some energy and create an afternoon of laughter.

Water Gun Race

Punch a hole in two plastic cups. String them up in the backyard, side by side. Divide the family into teams and see who can propel the cup along the string the fastest, using only the water stream from a water gun.

Backyard Frisbee® Golf

Create your own Frisbee golf course in your yard. Take turns throwing a Frisbee at various targets. Lay out a course around the yard by marking trees, rocks, and fences with chalk — or use buckets and baskets. Set your “par” for each hole in the course. Who can get the best score?

Water Balloon Baseball

Even teens will have trouble resisting the silly, giggle-inducing task of trying to hit a wobbly water balloon with a plastic bat. This fun, wet baseball game will help your family cool down on the hottest days of summer.

Obstacle Course

Create a backyard obstacle course. Find lots of creative objects in the yard and garage. Have family races through the obstacle course.

Wild and Wet Tag

Play a game of tag using large sponges and a tub of water. Children will beg to be “it.”

DIY Throwing Tarp

Hang up a large blue tarp in the backyard. Cut different size holes in the tarp and label each hole with a point value. Use bean bags, whiffle balls, or a football to practice throwing skills. See who can get the most points in the family.

Stuck in the Web

Crisscross blue painter’s tape across the opening of any doorway in your home. Create a spider web look as the tape crosses back and forth across the open door. Give your children wadded up pieces of paper and have them throw the “spider” into the web. Great fun for children when they are trapped inside on a hot summer day!

FAMILY MOVIE NIGHT

POPCORN RACES

Before a family movie night, play some popcorn races. Find a long hallway (tile or hardwood floors work best). Divide into teams and give everyone a straw. On their hands and knees, see who can blow a piece of popcorn down the hall first!

Watch one of the listed movies (or others) as a family. Using the following questions, turn a family movie night into an intentional conversation about God and spiritual truths. Consider adding other questions that more specifically address the themes or subjects found in an individual movie.

Discussion Questions:

- What was the big idea in the story?
- Who were the main characters? What were they hoping for or trying to achieve?
- What qualities did you admire in the main characters?
- What qualities did not honor God?
- What themes or scenes from the movie touch issues of faith and/or morality?
- Did the story affirm our beliefs or undermine them?

“Wonder”

Jesus spent much of his time on Earth defending the socially outcast. The 2017 film, “Wonder,” is not faith-based; nevertheless, it models what Jesus taught us in the Golden Rule: Love others and treat them the way you want to be treated (Matthew 7:12). “Wonder” follows a boy named Auggie, who was born with facial differences and must navigate life at school. It is a must-see film for tweens and teens. The movie is rated PG-13 for thematic elements, including bullying and some mild language.

“Radio”

“Radio” is based on the true story of a high school football coach and his relationship with a developmentally challenged young man named Radio. This movie dramatically demonstrates the power of one life, even a life that is not considered valuable by some. The movie explores themes of forgiveness and generosity, while clearly demonstrating the importance of compassion and kindness. This film is rated PG for mild language and thematic events.

The “Star Wars” Saga

The “Star Wars” saga tells the rise, fall, and redemption of Darth Vader and other key characters. While heralded for their exciting battles and breakthrough special effects, these films also are examples of inspiring storytelling and epic fights between good and evil. The films can be used to explore themes such as the allure of evil, the importance of faith, the path to redemption, and the need for community. These films are rated PG and appropriate for most children with parental guidance, except for “Revenge of the Sith,” which is rated PG-13 for graphic and intense images.

The “Lord of the Rings” Trilogy

The “Lord of the Rings” trilogy is a moral fantasy pitting good against evil. The three-part epic shows darkness battling light, evil struggling against good, pride fighting humility, and despair wrestling hope. These films can prompt conversations about the struggle for virtue, the temptations of power, the providence of God, and the power of a story. These films are rated PG-13 and would be inappropriate for young children due to the intense battle sequences and the explicit depiction of evil.

“Amazing Grace”

This film tells the true story of William Wilberforce — an 18th century British politician who led a very unpopular movement to end the slave trade. Wilberforce was motivated by a deep Christian faith and the influence of his spiritual mentor, John Newton. Newton, a former slave ship captain turned minister, authored the famous hymn, “Amazing Grace.” During his long battle, Wilberforce overcomes many obstacles, including powerful political enemies, the economic might of the slave-trade industry, and failing health. This film is rated PG for slavery themes and mild language.

“Snow White”

“Snow White” was the first animated movie ever made by Walt Disney. It is the only Disney movie to feature an openly Christian moment, portrayed by a princess. Halfway through the storyline, there is a brief scene where Snow White is shown praying. With head bowed and hands clasped together, she asks God to bless the seven little men who have been so kind to her. It is a short, but poignant display of faith not found in most modern Disney films.

"The Jungle Book"

The final act of "The Jungle Book" ends with a climactic battle between Shere Khan and the lovable Baloo. During the scuffle, Baloo tragically is "killed" while protecting Mowgli, which galvanizes the boy into fighting back with his newly acquired fire. Afterward, the assembled animals take a moment to mourn their fallen brother. That is when Bagheera, the panther, does something truly surprising. Taking the weeping Mowgli aside, Bagheera quotes John 15:13, gently reminding him that "greater love hath no one, than he who lays down his life for his friends." Of course, it turns out Baloo was only unconscious, and the tender scene quickly is replaced with laughter.

"David"

From the songs of his mother's heart to the whispers of a faithful God, David's story begins in quiet devotion. When the giant Goliath rises to terrorize a nation, David, a young shepherd, armed with only a sling, a few stones, and unshakable faith steps forward. Pursued by power and driven by purpose, David's journey tests the limits of loyalty, love, and courage, culminating in a battle not just for a crown, but for the soul of a kingdom.

"The King of Kings"

Renowned writer Charles Dickens shares the story of Jesus Christ with his son, Walter. As his father narrates the stirring tale, Walter becomes captivated with the events of Jesus' life.

Section 3:

ON THE ROAD

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and **WHEN YOU WALK ALONG THE ROAD**, when you lie down and when you get up.

Deuteronomy 6:5-7, NIV

Listen and Go!

Pack some audio books that will be fun for the whole family. These books will spur imaginations and help your children not to get sick while reading a book in the car!

Alphabet Adventure

This game is a great distraction on long road trips or layovers at the airport. The aim is for each player to finish the sentence: "I'm going on an adventure to . . ." using a word that begins with a specific letter of the alphabet. The game then moves through the alphabet from A-Z. For example, Player 1: "I'm going on an adventure to Alaska." Other players: "What will you do there?" Player 1: "I will see some antelopes." If players cannot think of a place name and an activity, they are eliminated. Keep playing until one player is left.

LEGO® Travel Box

Glue (or place) a LEGO base board to the inside lid of a small storage box. Bring a small bag of Legos for hours of building fun.

Travel Trail

Pick up an old fashioned map of the route for your road trip (or print the map off Google Maps). Highlight the route and let your children follow along the trail. Have them draw pictures on the map of sights they see along the way. The map can then be a fun memory of the trip that they hang in their room at home.

Travel Bingo

Make a set of bingo cards for the trip. Create cards of common objects that can be seen from the car window while traveling. Give a prize to the family member who fills the card first. Pre-printed and reusable travel bingo cards can be found on Amazon.

Tape It Travel Art

Do your children always try to get into your tape? Give them permission to get creative with tape as you travel. Buy packs of decorative washi tape from your local craft store. Bring along a sketch pad or spiral notebook. Encourage them to make colorful tape pictures in their own personal art portfolio. (Amazon carries a cool Melissa & Doug tape activity book, with reusable pages.)

Scratch and Play

Scratch art activity books can be found on Amazon or Oriental Trading®. These activity books provide a neat and tidy way to color in a car or plane. Children use a small wooden stick to scratch off ink to create a design in a notepad, rather than using markers that stain or crayons that can melt.

Recyclable Recreation

Common, everyday household items often can make cheap and unique toys when traveling by car and plane. Pipe cleaners can be used to shape and create almost any item your child can imagine. Aluminum foil is a clean and fun alternative to playdough when sculpting and creating inside a vehicle. Uninflated balloons can be an impromptu ball when stuck in an airport or stretching legs at a rest stop. Even a metal cookie sheet with edges can provide the perfect lap tray for hours of playing. Find magnets that will adhere to the sheet to add to the fun. It provides a great surface for coloring, driving cars, or playing bingo.

Postcard Prayers

Purchase postcards from your travel destinations. Write a prayer or word of encouragement and send it to family and friends. Postcards also can be used to remember special family moments. Purchase cards for each child and have him or her write a memory on the back. Save the cards to reflect on the trip later in the year.

Souvenir Journal

Have older children and teens make a travel souvenir journal. Bring tape, glue, pens, and pencils. Have your teens collect free souvenirs from the trip to put in their journals. Encourage them to be creative. Grab a napkin with a logo. Get an autograph from a waitress, bellhop, etc. Put ticket stubs and other items in the journal and encourage your teens to write or draw about their adventures. See how many new people they can meet!

Section 4: **SHOW THE WORLD**

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. **TIE THEM AS SYMBOLS ON YOUR HANDS AND BIND THEM ON YOUR FOREHEADS. WRITE THEM ON THE DOORFRAMES OF YOUR HOUSES AND ON YOUR GATES.**

Deuteronomy 6:5-9, NIV

ADVANCE ACTIVITIES

Use one or more of these family activities to help your family learn more about what it means to be a servant.

I SPY

Take the family to a sit-down restaurant. Tell the children they are spies who must identify the best server. Help them notice the employees by asking them to point out clues that suggest a servant's attitude, spirit, and work. (e.g., listening well, taking care of the needs of others, etc.)

FROZEN ARMS

Tell the children that you magically froze their arms, so they are not allowed to bend their elbows or wrists. Place candy or cookies in the middle of the table and tell them they each can eat one. Without bending their arms, however, it will be impossible to serve themselves. They must figure out how to serve one another to get the good stuff! When done, explain how we are called to serve those unable to serve themselves, but the real blessing comes back to us.

READ TOGETHER

Read and discuss the following Scriptures:

- Mark 10:43-45 (Jesus described servants as great.)
- Philippians 2:5-7 (Jesus modeled humility and service.)
- James 1:27 (Christians are to care for the needy.)

Why does God call us to serve others?

What do we show the world when we help others?

FAMILY SUMMER SERVICE PROJECTS

- Assemble care kits for the homeless. Fill gallon zip-top bags with items and store in the car. Items might include: water bottles, snacks, hand wipes, hygiene items, socks, etc.
- Visit a nursing home. Make homemade cards or small gifts for residents there. Go for a visit and spend time talking with residents.
- Clean up trash in a local park. Provide gloves and trash bags to help make a local park more beautiful.
- Collect donations instead of birthday gifts. Find a favorite charity and ask friends to give donations in honor of your birthday, rather than giving gifts.
- Do yard work for a neighbor. Help a neighbor mow the lawn, work in flower beds, or rake leaves.
- Take treats and cards to thank first responders. Have your family bake cookies or other treats. Design homemade cards and deliver the goodies to a local fire or police station.
- Leave a thank-you note and treat for the mail carrier. Put a cooler and treats by the mailbox. Attach a sign so the mail carrier knows to take a treat. You can use this same treat cooler for garbage collectors as well.

- Bake goodies for a neighbor. Spend an afternoon delivering treats to people on your street.
- Look for the lists of needs for local nonprofit agencies. Collect items on the list and drop at the agency. Items might include canned goods, gently used clothing, hygiene items, etc. Many of these agencies also allow families with older children or teens to volunteer time to serve onsite.
 - Feed My Starving Children (Richardson) – ***fmsc.org***
 - North Texas Food Bank – ***ntfb.org***
 - Samaritan Inn – ***saminn.org***
- Serve together at a food bank. Volunteer as a family at the North Texas Food Bank in Plano. Teens get hands-on experience and a real perspective on community needs.

Section 5:

BOREDOM BUSTERS

EVERYDAY ADVENTURES

Simple Ways to Have Fun Together

Write some of the activities listed below on popsicle sticks or slips of paper and place in a jar or basket. Have your family add activities to the list. When you do not know what to do, someone says "I'm bored," or you just want to have some fun together, pick an idea out of the jar! Looking for more ideas? See Appendix A: Guide to Local Family Adventures for family-friendly places to visit across DFW.

- Read a book together.
- Go outside and play.
- Sing a favorite song.
- Dance.
- Watch your favorite movie.
- Build a fort.
- Go to a community pool.
- Take a family bike ride.
- Have a water balloon fight.
- Camp in your living room or backyard.
- Go to the library.
- Take a cooking class.
- Go to a museum.
- Have a movie marathon.
- Go to a concert.
- Put a puzzle together.
- Play on a playground.
- Go through old pictures or videos.
- Try a new restaurant.
- Go roller skating.
- Find new games to play.
- Find a drive-in movie.
- Put together your family tree.
- Play putt-putt golf.
- Go fishing.
- Ride go-carts.
- Go on a hike.
- Play "minute to win it" games.
- "Paint" outside with water.
- Do science experiments.
- Collect bugs.
- Build a bird house or feeder.
- Have paper airplane races.
- Video your own play or drama.
- Learn to juggle.
- Walk the dog.
- Have a bubble gum blowing contest.
- Make a time capsule.

- Go horseback riding.
- Plant a tree together.
- Go to a musical.
- Go on a scavenger hunt.
- Build a fire and make s'mores.
- Fly a kite.
- Go to a sporting event.
- Cook a new recipe together.
- Take a walk together.
- Play board games.
- Take a trip to a new place.
- Have a picnic.
- Write a letter.
- Run through the sprinkler.
- Play on a Slip 'N Slide®.
- Play frisbee.
- Go to the zoo.
- Do a service project.
- Go bowling.
- Find a new hobby together.
- Have a progressive dinner.
- Plant a garden.
- Bake goodies for a neighbor.
- People-watch at the mall.
- Go to the aquarium.
- Go birdwatching.
- Make playdough.
- Blow bubbles.
- Get creative with big boxes.
- Paint a canvas.
- Wash the car.
- Decorate t-shirts.
- Use sidewalk chalk.
- Play hide and seek.
- Climb a tree.
- Play charades.
- Have a play date with friends.
- Make pet rocks.

LEVEL UP THE FUN

Ideas for Preteens and Teens

1. Family Game Tournament

Set up a bracket-style tournament at home with your favorite board or card games. Crown a family champion and give out silly trophies.

2. Kayak Lake Lewisville

Rent kayaks or canoes and paddle together. Paddleboards are available too — great for teens who love a challenge. Want to be closer to home? Towne Lake also offers Canoe and Kayak Rentals.

3. Find the Waterloo Cave

At Waterloo Park in Denison, there is a 2-mile loop trail that leads to a hidden cave. Pack some bug spray, snacks, and sturdy shoes for this family adventure.

4. Frisco RoughRiders Game

Catch a Double-A baseball game at Riders Field in Frisco. Affordable tickets, great atmosphere, and fun for all ages — especially teens. It is a little farther to drive, but the Cleburne Railroaders also offer minor league baseball games.

5. White Water at NRH2O

Spend a day at a water park, like Hawaiian Waters. Water slides, lazy river, and wave pools for the whole crew. If your summer budget is tight, try Jack Carter pool in Plano, McKinney's Apex, or Frisco Water Park.

6. Day Trip to Waco

Visit Magnolia Market and Waco Mammoth National Monument. Grab tacos at Fuego's. It is about a two-hour drive from McKinney — a perfect long day out.

7. Fort Worth Stockyards Experience

Visit the Fort Worth Stockyards for the daily cattle drive, Billy Bob's Texas, Cowtown Coliseum, and great BBQ — uniquely Texan and only about an hour from McKinney.

8. Day Trip to Dinosaur Valley State Park

Drive to Glen Rose (1.5 hours from McKinney) to walk alongside actual dinosaur tracks preserved in the Paluxy River. Wade in the river, hike the trails, and pack a picnic. A genuinely awe-inspiring experience that sparks real conversation. Upgrade the trip with a journey through Fossil Rim Wildlife Park.

9. Stargazing at Lake Texhoma

Drive north to Eisenhower State Park, away from the city glow, for real stargazing. Download a free app like SkySafari, bring blankets, and spend an hour identifying constellations together — peaceful and unforgettable.

10. Family Movie Marathon With a Theme

Pick a theme — underdog stories, classic comedies, one director's full catalog — and spend a rainy day watching movies together. Assign each person a film to champion. Vote after each one. Make themed snacks to match.

11. Topgolf® or Chicken N Pickle

Book a bay at Topgolf in Allen, The Colony, or Fort Worth — or try Chicken N Pickle in Allen for a mix of pickleball and food. Both are loud, fun, and great for teens who think they already are better than you. On a budget? Try pickleball courts in Finch Park.

12. Go on a Trail Ride

Pack a lunch and take the family on a horseback ride. Just north in Pottsboro, TX, (near Tanglewood Resort) is Cowboy Andy's Rocking A Ranch. They offer laidback, simple trail rides for small groups.

13. Host a Neighborhood Block Party

Organize a simple block party — lawn games, a grill, lemonade. Get your teens to plan it, set it up, and run it. It is a masterclass in hospitality, leadership, and loving the people right around you.

Section 6: **SUMMER HOLIDAY ACTIVITIES**

MEMORIAL DAY

Plan a neighborhood block party. Invite neighbors and ask everyone to bring something to share. Grill up some hotdogs and bring out games for a fun day together with friends. Encourage the children to have a baking contest and let the dads be the judges.

Honor a soldier. As a family, prepare a care package for a soldier. Check out specific instructions for care packages at supportourtroops.org/care-packages. Visa® gift cards of \$25 are the most needed items, so soldiers can call home.

Visit a historical or military museum. Teach your family about courage, sacrifice, freedom, and the importance of remembering history together. Check out these museums in the Dallas area:

- [Frontiers of Flight Museum \(flightmuseum.com\)](http://flightmuseum.com)
- [Dallas Holocaust Museum \(dallasholocaustmuseum.org\)](http://dallasholocaustmuseum.org)
- [Military Museum of Fort Worth \(militarymuseumfortworth.org\)](http://militarymuseumfortworth.org)*check hours before going
- [Fort Worth Aviation Museum \(fortworthaviationmuseum.com\)](http://fortworthaviationmuseum.com)
- [George W. Bush Presidential Center \(bushcenter.org\)](http://bushcenter.org)

Go berry picking with your family. There are several local farms in the area: [Wild Berry Farm \(txberry.com\)](http://txberry.com), [Pure Land Farm \(purelandorganic.com\)](http://purelandorganic.com), and [Pecan Creek Strawberry Farm \(pecan creek strawberry farm.com\)](http://pecan creek strawberry farm.com).

FATHER'S DAY Honoring Dads

Advance Preparation: Before a meal, ask Dad to secretly complete a questionnaire about himself. Seal his answers in a top-secret envelope to reveal at the end of the meal (questionnaire below).

READ

Ephesians 6:1-4

DO

- Have children help plan a special meal to celebrate Dad. Plan the menu with all of Dad's favorite foods and encourage the children to participate in all aspects of preparing, cooking, and presenting the meal.
- Have children decorate the kitchen and table for the celebration.
- At the start of the meal, read the questions that were given to Dad in advance.
- Have family members write down their answers to see how well they know Dad.
- Ask Dad to reveal his responses. Each person earns a point for every matched answer.
- Celebrate the highest score by taking the family on an all-expense paid trip to get ice cream with Dad!
- Conclude the meal by having each family member express thanks to Dad. Ask members of the family to pray for Dad.

PRAY

Dear Lord, thank you for giving us Dad to lead our family. Thank you for the way that he serves our family. God, we pray that you will guide Dad each day. Help him at work and at home to be an example of You. We are so thankful for the way that he helps us. Our family would not be the same without him. Thank you for Dad! Amen.

WHAT DAD PREFERS

Which would Dad prefer to do tomorrow?

- | | | |
|-------------------------------------------|-----------|--------------------------------------------------|
| <input type="radio"/> Sleep in late | <i>OR</i> | <input type="radio"/> Wake up early |
| <input type="radio"/> Play golf | <i>OR</i> | <input type="radio"/> Go to work |
| <input type="radio"/> Drive a convertible | <i>OR</i> | <input type="radio"/> Drive a family car |
| <input type="radio"/> Go fishing | <i>OR</i> | <input type="radio"/> Do yard work |
| <input type="radio"/> Watch the game | <i>OR</i> | <input type="radio"/> Help with homework |
| <input type="radio"/> Kiss Mom | <i>OR</i> | <input type="radio"/> Bathe the children |
| <input type="radio"/> Buy a motorcycle | <i>OR</i> | <input type="radio"/> Pay for children's clothes |
| <input type="radio"/> Rent an action film | <i>OR</i> | <input type="radio"/> See a "chick flick" |
| <input type="radio"/> Relax on his phone | <i>OR</i> | <input type="radio"/> Fix a broken appliance |

What Dad Does

- | | | |
|--------------------------------------------|-----------|---------------------------------------------------|
| <input type="radio"/> Sleeps in late | <i>OR</i> | <input type="radio"/> Wakes up early |
| <input type="radio"/> Plays golf | <i>OR</i> | <input type="radio"/> Goes to work |
| <input type="radio"/> Drives a convertible | <i>OR</i> | <input type="radio"/> Drives a family car |
| <input type="radio"/> Goes fishing | <i>OR</i> | <input type="radio"/> Does yard work |
| <input type="radio"/> Watches the game | <i>OR</i> | <input type="radio"/> Helps with homework |
| <input type="radio"/> Kisses Mom | <i>OR</i> | <input type="radio"/> Bathes the children |
| <input type="radio"/> Buys a motorcycle | <i>OR</i> | <input type="radio"/> Pays for children's clothes |
| <input type="radio"/> Rents an action film | <i>OR</i> | <input type="radio"/> Sees a "chick flick" |
| <input type="radio"/> Relaxes on his phone | <i>OR</i> | <input type="radio"/> Fixes a broken appliance |

Other Ways to Celebrate Dad

Root for the home team. If he's a sports fan, treat Dad to a game of his favorite sport. It does not have to be a professional game — many local teams sell seats for discounted rates. When you get home, dust off the gloves and play catch outside!

Serve him breakfast in bed. Have your children help make Dad's favorite breakfast and serve it to him in bed. Breakfast in bed always seems to be reserved for Mom, but Dad would enjoy the treat too!

Go camping (or pretend). Head to a campground, or even your own backyard, to set up a tent, stargaze, and read books by flashlight.

March to the beat of an outdoor concert. If Dad likes music, find a local show that is good for the entire family and enjoy an hour or two of live tunes.

Help him grill dinner. If Dad is the master chef on the grill, make it a family activity and have the children give him a hand. Give them easy (and safe) tasks, such as unwrapping cheese and handing it to Dad to put on the burgers or holding Dad's grill mitt until he is ready for it.

Treat him to golf (or mini golf). If Dad's a golfer, bring the family along and spend a day on the course or have a family-friendly game of mini golf.

Let him cash in. Make coupons Dad can use when he wants help cleaning the garage or a Saturday morning to sleep in. Be creative. What would Dad really enjoy?

Break out the board games. Pop some popcorn, clear the coffee table, and pull out Dad's favorite games. To make things more interesting, make it a family tournament or learn a new game together.

Spend a day at the park. Pack a picnic basket with Dad's favorite snacks, roll up a blanket, and head out for the day to enjoy the sun. Go to your favorite park or go on an adventure and try a new one that you never have explored before.

Build a fort. Employ Dad's handy skills in the most fun way possible. Grab some cushions, blankets, bed sheets, and pillows and go to town building the perfect fort.

FOURTH OF JULY

Our nation was founded on godly principles. We celebrate American Independence Day on the Fourth of July every year because the Continental Congress approved the Declaration of Independence on July 4, 1776. This holiday is a good day to plan some intentional moments to lead your family in giving thanks for the freedom we all enjoy.

Pray for Godly Leadership

READ 2 Chronicles 7:14

DO Make a prayer flag with your family to pray for national, state, and local leaders. Cut several stars from white paper. On each star, write the name of the leaders. Glue the stars onto blue paper. Glue red and white ribbon in rows for the stripes. Hang the prayer flag on the refrigerator or in any visible area for the family. Pray for a different leader each day.

PRAY Dear God, please give our leaders the courage to do what is right and guide them into making wise decisions. We specifically pray for _____, that he/she will follow Your lead in his/her position.

Support Our Troops

READ Psalm 91

DO Make a card for a soldier or someone who has served our country. Write an encouraging note. Invite younger children to draw a picture. Include Scripture verses for comfort and strength. When finished, mail to the following address: A Million Thanks, 17853 Santiago Blvd #107-355, Villa Park, CA 92861.

PRAY Pray for those who are serving in the armed forces, protecting our freedom. Take turns reading aloud each of the verses of Psalm 91 as a prayer for our soldiers, both at home and all around the world.

Other 4th of July Family Ideas

1. Host a flag raising ceremony using a house flag or by placing a small flag in your yard. Say the Pledge of Allegiance together while facing the flag, with your right hand over your heart.
2. Teach and sing patriotic songs.
 - A. "This Is My Country"
 - B. "God Bless America"
 - C. "America the Beautiful"
 - D. "God of This City"
 - E. "My Country, 'Tis of Thee"
3. Celebrate with a cake and sing "Happy Birthday" to America.
4. Take turns voicing short prayers of thanks for ways in which God has blessed America.

APPENDIX A: GUIDE TO LOCAL FAMILY ADVENTURES

Activate Plano — www.playactivate.com
Adventure Landing — www.adventurelanding.com
African American Museum of Dallas — www.aamdallas.org
Amon Carter Museum — www.cartermuseum.org
Andretti Indoor Karting & Games — www.andrettikarting.com
Arbor Hills Nature Preserve —
www.plano.gov/facilities/facility/details/arbor-hills-nature-preserve-20
Bahama Beach Dallas — www.bahamabeachdallas.com
Celebration Station — www.celebrationstation.com
Children's Aquarium at Fair Park — www.childrensaquariumfairpark.com
Cosm Dallas — www.cosm.com
Dallas Arboretum — www.dallasarboretum.org
Dallas Children's Theater — www.dct.org
Dallas Firefighters Museum — www.dallasfiremuseum.com
Dallas Holocaust Museum — www.dallasholocaustmuseum.org
Dallas Museum of Art — www.dma.org
Dallas World Aquarium — www.dwazoo.com
Dallas Zoo — www.dallaszoo.com
Dinosaur Valley State Park — tpwd.texas.gov/state-parks/dinosaur-valley
Epic Waters Grand Prairie — www.epicwatersgpp.com
Fort Worth Aviation Museum — www.fortworthaviationmuseum.com
Fossil Rim Wildlife Center — www.fossilrim.org
Frontiers of Flight Museum — www.flightmuseum.com
Fort Worth Botanic Garden — www.fwbgb.org
Fort Worth Museum of Science and History — www.fwmuseum.org
Fort Worth Nature Center & Refuge — www.fwnaturecenter.org
Fort Worth Stockyards — www.fortworthstockyards.org
Fort Worth Zoo — www.fortworthzoo.org
Grapevine Lake — www.lake-grapevine.com
Grapevine Vintage Railroad —
www.grapevintexasusa.com/grapevine-vintage-railroad/
Great Big Game Show — greatbiggameshow.com
Hawaiian Waters — hawaiianwaters.com/
Heard Natural Science Museum & Wildlife Sanctuary
www.heardmuseum.org
Heritage Farmstead Museum — www.heritagefarmstead.org

Ice Rink at Galleria Dallas — www.galleriadallas.com/ice-skating-center/
Immersive Gamebox — immersivgamebox.com
International Bowling Museum & Hall of Fame — www.bowlingmuseum.com
Joe Pool Lake — www.joe-pool-lake.org
K1 Speed — www.k1speed.com/
Kid Mania — www.kidmania.com
Kimbell Art Museum — www.kimbellart.org
Klyde Warren Park — www.klydewarrenpark.org
Legoland Discovery Center — www.dallasfw.legolanddiscoverycenter.com
Log Cabin Village — www.logcabinvillage.org
McKinney Avenue Trolley — www.mata.org
Medieval Times — www.medievaltimes.com
Museum of Biblical Art — www.biblicalarts.org
Nasher Sculpture Center — www.nashersculpturecenter.org
National Cowgirl Museum — www.cowgirl.net
National Videogame Museum — www.nvmusa.org
Perot Museum of Nature and Science — www.perotmuseum.org
Play Fritz's Adventure — www.fritzsadventure.com/
Play Street Museum — www.playstreetmuseum.com
PopStroke — www.popstroke.com
Reunion Tower — www.reuniontower.com
Ripley's Believe It or Not — www.ripleys.com/grandprairie
Sealife Aquarium Grapevine — www.visitsealife.com/grapevine/
Sharkarosa Wildlife Ranch — www.sharkarosa.com
Six Flags Hurricane Harbor — www.sixflags.com/hurricaneharbortexas
Six Flags Over Texas — www.sixflags.com/overtexas
Sixth Floor Museum at Dealey Plaza — www.jfk.org
Southfork Ranch — www.southforkranch.com
Speedzone Dallas — www.speedzone.com/dallas/
Summit Climbing Gym Plano — www.summitgyms.com
Texas Discovery Gardens — www.txdg.org
The Coop in Frisco — www.thecoopfrisco.com
The Star in Frisco — www.thestarinfrisco.com
Urban Air — www.urbanair.com/
White Rock Lake — www.whiterocklake.org

ADVANCE PREPARATION

- Parent(s) schedule time to discuss tech plan for the summer.
- Look through suggested ideas and brainstorm others.
- Plan a family discussion time that includes a fun treat, like ice cream.

DURING THE FAMILY TIME

- Read through the ideas/tips together.
- Discuss and create a summer tech plan.
- Use this guide to talk about positive/negative aspects of technology.
- Discuss plans to create intentional family moments together.

TECH TIPS

Be Together: Engage in technology together vs. everyone on their own devices.

Protection: Invest in software services to protect all devices. Check out: www.protectyoungeyes.com or www.covenanteyes.com for more information on highly rated options for your family.

Charging Time: Set a time frame when everyone will charge their devices in one place, like the kitchen or parents' bedroom.

Time Limits: Set limits on summer screen time. Recommended suggestions:

- Little to none for children under 2 years of age.
- Less than an hour for children 2-6 years old.
- No more than two hours for children/teens over 6 years old.

Check out the websites listed under protection to see research about the effect of screen time on children and teens.

Tech-Free Zones: Create certain times or places (mealtime, car time, bedrooms, etc.) that are tech-free to promote family interactions.

Model Behavior: Put your own device down and connect with your child. Model now what you want your children to do in the future.

Choose a Strategy

Tech Tickets: Create tickets for chores that can be turned in for tech time.

Tech Trades: Trade active time for tech time. Allow children to earn time on screens by choosing active or outside play. Active time will earn so many minutes of screen time.

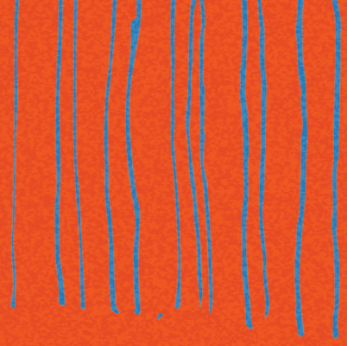
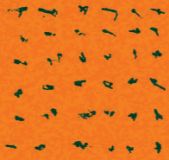
Create Your Own: Discuss with your family, and create your own strategy, for managing tech time, family time, and active time. See www.healthychildren.org/mediauseplan for a template to create your family's tech plan.

APPENDIX C: CREATIVE DATES FOR COUPLES

Summer can be filled with great activities for children and family, but do not forget to prioritize time together as a couple. Be intentional about planning dates and specific time to talk and dream together. Here are a few ideas. Be creative and add to the list!

- Go bowling.
- Go to a museum.
- Take a cooking class.
- Go dancing or take lessons.
- Go on a mission trip.
- Find a new hobby together.
- Go to a concert.
- Go on walks.
- Work in the yard/garden.
- Go on a road trip (without children).
- Try a new restaurant.
- Plan an "at home date" (after children are in bed).
- Window shop with "pretend" money.
- Go fishing.
- Rent your favorite movies from when you were dating.
- Take a hike.
- Go to a coffee shop and talk.
- Go to a museum.
- Have a picnic.
- Visit a planetarium.
- Go kayaking.
- Go to a farmer's market.
- Go to a musical or theater performance.
- Go on a bike ride.
- Go out with another couple.
- Visit historic sites in your area.
- Attend a painting class.
- Go for a carriage ride.
- Visit local tourist spots that you have not yet seen.
- Go to a sporting event.





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