

# 30 Family Wellbeing Activities to Celebrate Summer

1 Host a barbeque for family and friends.

2

Read a book outdoors.

3

Create some outdoor nature art.

4

Have a water fight outdoors!

5

Make a homemade Eton mess.

6

Go fruit picking.

7

Do yoga outdoors.

8

Plant carrots and lettuce.

9

Draw a summer picture for a loved one.

10

Go on a rainbow nature scavenger hunt.

11

Create a summer scrapbook.

12

Make junk model boats to sail on your paddling pool.

13

Head to an adventure playground.

14

Make a playlist of summer feel-good songs.

15

Row a boat.

16

Press fresh flowers.

17

Tidy an area of the house.

18

Have a sunflower growing competition.

19

Head to the library and find books about

20

Make ice lollies.

21

Go camping.

22

Play rounders in the park.

23

Write a postcard and send it to a friend or neighbour.

24

Go to the cinema on a rainy day.

25

Write a summer adventure story.

26

Visit a museum.

27

Tie-dye a t-shirt.

28

Discover a castle.

29

Make paper aeroplanes.

30

Play tennis.

