

A Mindful Summer



BUCKET LIST

Mark off which mindful activities you do this summer! If you want, write in some of your own or list your favorites at the bottom.

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| <input type="checkbox"/> Watch a sunrise or sunset | <input type="checkbox"/> Color a picture using chalk, crayons, or pencils |
| <input type="checkbox"/> Go for a walk & look for 5 things you never noticed before | <input type="checkbox"/> Bake or cook something with a parent or guardian |
| <input type="checkbox"/> Bird watch & listen to their sounds | <input type="checkbox"/> Go outside & find your favorite calming color |
| <input type="checkbox"/> Write a letter to someone and send it | <input type="checkbox"/> Tell family or friends why you love them. |
| <input type="checkbox"/> Make a list of the things you like about yourself | <input type="checkbox"/> Sit outside & feel the grass |
| <input type="checkbox"/> Spread kindness & smile at people you see | <input type="checkbox"/> Eat ice cream or a popsicle-notice the taste & texture |
| <input type="checkbox"/> Go one day without technology | <input type="checkbox"/> On a sunny day, feel the warmth of the sun on your skin |
| <input type="checkbox"/> Start a gratitude journal | <input type="checkbox"/> Look at the clouds. What shapes or animals do you see? |
| <input type="checkbox"/> Eat a Starburst mindfully: notice how it looks, sounds, feels, smells and tastes! | <input type="checkbox"/> Take a deep breath: notice how it makes you feel |
| <input type="checkbox"/> Dance in the rain; notice the water, temperature and anything else you feel! | <input type="checkbox"/> Read a book and notice how it makes you feel |
