



Family Friendly Summers

Let's celebrate
summer with
7 weeks of fun
ideas.

Week One: July 6 – 12th Baking Week

TO DO:

- ☐ Learn the baking essentials
- ☐ Bake cookies
- ☐ Bake brownies
- ☐ Go for a family picnic

Week Two: July 13 – 19th Gardening Week

TO DO:

- ☐ Create a child friendly garden
- ☐ Play games in the garden
- ☐ Discover garden creatures
- ☐ Go camping In the garden

Week Three: July 20 – 26th Sports Week

TO DO:

- ☐ Get active together
- ☐ Discover a new online exercise class
- ☐ Learn a new yoga pose
- ☐ Get a high score in keep-ups

Week Four: July 27 – August 2nd Mindful Week

TO DO:

- ☐ Take up a new hobby
- ☐ Go on a sensory nature hunt
- ☐ Practice mindfulness together
- ☐ Do a morning meditation

Week Five: August 3 – 9th Craft Week

TO DO:

- ☐ Make tissue box monsters
- ☐ Make superhero lollipop sticks
- ☐ Make fireworks in a jar
- ☐ Make crayon candles

Week Six: August 10 – 16th Reading Week

TO DO:

- ☐ Read together or Read a book together
- ☐ Read on your own
- ☐ Talk about the book
- ☐ Recommend it to a friend

Week Seven. August 17 – 23rd Clean up Week

TO DO:

- ☐ Create a family chore chart
- ☐ Check out our parenting life hacks
- ☐ Learn some household cleaning hacks
- ☐ Set everyone to work

Family Friendly HQ

check out
familyfriendlyhq.ie
to help you complete
the list.