

Summer CHALLENGE

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| Go Bike Riding | Play a Water Sport | Visit a Beach, Lake or River |
| Use a Compass | Identify a Bird | Repair Something |
| Play Frisbee | Go Stargazing | Do Karyoke |
| Keep a Journal | Try a New Food | Play an Instrument |
| Have a Picnic | Go Rollerblading | Make a New Friend |
| Watch the Sunset | Play a Team Sport | Decorate your Jeans |
| Go Hiking | Find a Rainbow | Do Yoga |
| Plant a Tree | Write a Story | Try Pilates |
| Swim in a Pool | Do Community Service | Make Pancakes |
| Make Jewelry | Make Dinner | Decorate a Cake |
| Bake Cupcakes | Learn a New Dance | Go on a Scavenger Hunt |
| Tend a Garden | Teach a Parent the Dance | Reconnect with an Old Friend |
| Take Pictures Outside | Play Scrabble | Go Camping |
| Paint a Picture | Watch Fireworks | Do Macrame |
| Make a Healthy Snack | Learn a Magic Trick | Learn a Software Program |
| Read a Book | Jog a Mile | Research Your Ancestry |
| Write to an Older Adult | Hug Your Parents | Create an Escape Room |
| Make a Bird House | Color a Picture | Update Your Room |
| Upcycle a Tee Shirt | Make a Gift for Someone | Change Your Hairstyle |
| Go Letterboxing | Learn to Knit or Crochet | Meditate |
| See an Outdoor Movie | Start Learning a New | Plan a Vegan Meal |
| Go to a Play | Language | Teach a Pet a Trick |