



HAVE A RAINBOW SUMMER!!!

Choose Activities to expand your Mind, Body and Spirit! (100 points each)

- ☺ Work with a tutor in a subject of your choice
- ☺ Work through a Summer Bridge activity workbook
- ☺ Go to the school website and link to a Math or Reading practice website for online activities
- ☺ Try a new science experiment
- ☺ Participate in your local library reading program
- ☺ Participate in a summer book club with a group of friends from school, scouts, or your neighborhood.
- ☺ Take a reading class at a local college or through a summer school program.
- ☺ Attend 3 story hours at your local library.
- ☺ Keep a fitness log of miles (running, walking, biking, etc)
- ☺ Attend a sports camp
- ☺ Try a new sport
- ☺ Spend family time on a bike ride, hike, or trying a new sport
- ☺ Try a new healthy recipe
- ☺ Keep a healthy habits log for one week (see website)
- ☺ Be on a team for the summer (baseball, basketball, tennis, etc.)
- ☺ Take swimming lessons
- ☺ Volunteer/help at parish picnic June 26
- ☺ Participate in two athletic events (Paces for Peru, etc)
- ☺ Keep a prayer journal
- ☺ Keep a Gratitude journal or end each day recalling three things you're grateful for.
- ☺ Visit Holy Hill
- ☺ Read a Bible story
- ☺ Read a story about a saint or about our Catholic faith
- ☺ Participate or volunteer at Choir Camp
- ☺ Participate or volunteer at Bible Camp
- ☺ Say the rosary (at least 10 times)
- ☺ Attend a weekday mass in addition to regular weekend attendance
- ☺ Other???