

family

SUMMMER PLAN

RAINY DAY ACTIVITIES

- 1.
- 2.
- 3.
- 4.
- 5.

SUNNY DAY ACTIVITIES

- 1.
- 2.
- 3.
- 4.
- 5.

CLOUDY DAY ACTIVITIES

- 1.
- 2.
- 3.
- 4.
- 5.

TRIPS

- 1.
- 2.
- 3.
- 4.
- 5.

FOOD

- 1.
- 2.
- 3.
- 4.
- 5.

NEW RITUALS

- 1.
- 2.
- 3.
- 4.
- 5.

JUST BECAUSE IT'S SUMMER

- 1.
- 2.
- 3.
- 4.
- 5.

busy mama

SUMMMER PLAN

BOOKS TO READ

- 1.
- 2.
- 3.
- 4.
- 5.

SELF-CARE RITUALS

- 1.
- 2.
- 3.
- 4.
- 5.

FOOD GOALS

- 1.
- 2.
- 3.
- 4.
- 5.

WORK

- 1.
- 2.
- 3.

AROUND THE HOUSE

- 1.
- 2.
- 3.
- 4.
- 5.

FUN

- 1.
- 2.
- 3.
- 4.
- 5.

THINGS THAT CAN WAIT UNTIL LATE AUGUST

- 1.
- 2.
- 3.
- 4.
- 5.

name:

SUMMMER PLAN

BOOKS I WILL READ

- 1.
- 2.
- 3.
- 4.
- 5.

PROJECTS I WANT TO WORK ON

- 1.
- 2.
- 3.
- 4.
- 5.

HEALTHY HABITS I PRACTICE

- 1.
- 2.
- 3.
- 4.
- 5.

ACTIVITIES FOR ME

- 1.
- 2.
- 3.
- 4.
- 5.

ACTIVITIES WITH MY FAMILY

- 1.
- 2.
- 3.
- 4.
- 5.

AROUND THE HOUSE

- 1.
- 2.
- 3.
- 4.
- 5.

family

SUMMER PLAN

RAINY DAY ACTIVITIES

1. Quilt Exhibit at Museum
2. Tour of Tazo Chocolate Factory
3. A day of board games
4. Quilt Exhibit at Museum
5. Quilt Exhibit at Museum

SUNNY DAY ACTIVITIES

1. Cranes Beach and Farm
2. Wingsheek Beach
3. Boat Ride in Harbor
4. Hike and Swim in Walden Pond
5. Pool

CLOUDY DAY ACTIVITIES

1. Berry Picking
2. Tomato Picking
3. Find a New Hiking Trail
4. Visit Providence Zoo
5. Long Bike Ride

TRIPS

1. Visit Seaweed Farm
2. New Hampshire Hot Air Balloon
3. Week at Beach
4. Weekend in Portland
5. Camping

FOOD

1. Make Jam
2. Make Ice Cream
3. Make Pickles
4. Make Tomato Sauce
5. Freeze Farm Fruits for Winter

NEW RITUALS

1. Kids Allowance Every Friday
2. Mama Beach Days Thursday
3. Planning Day on Friday
4. Kids Stay Quiet Until 7:30
5. Swimming or Walk After Dinner

JUST BECAUSE IT'S SUMMER

1. See an Outdoor Concert
2. Day at Amusement Park
3. See a Movie

busy mama

SUMMER PLAN

BOOKS TO READ

1. *Daring & Greatly* by Brene Brown
2. *The Tapping Solution*
by Mick Ortner
3. *China Study*
4. *Thrive* by Ariana Huffington
5. *The Vacationers*
by Emma Straub

SELF-CARE RITUALS

1. *Exercise Early Morning*
2. *Regular Chiropractor Visits*
3. *Monthly Massage*
4. *Oil Pulling*
5. *Water*

HEALTH GOALS

1. *Homemade Juice EVERY day*
2. *Greece Body*
3. *Annual Doctor*
4. *Accupuncture for Wart*
5. *Vitamin Ritual*

WORK

1. *Camp for Busy Mamas*
2. *Live Raw Food Classes*
3. *Get Ready for September Launch*

AROUND THE HOUSE

1. *Garden*
2. *New Shower Door*
3. *Basement Cleanout*
4. *Patio Project*
5. *Photo Albums*

FUN

1. *One weekday all Kids no Work*
2. *Regular Date Night*
3. *Family Dance Parties*
4. *Late night Swims*
5. *Hula Hooping in Public*

THINGS THAT CAN WAIT UNTIL LATE AUGUST

1. *Back to School Clothes*
2. *Magazines About Fall*
3. *School Supplies*
4. *Winter Gear*
5. *Squash Soup*