

All  
Summer  
Long  
Activity  
For  
Everyone

## Summer Goals

What are you looking forward to this summer? Learning a new skill, personal growth, enjoying the natural environment? There is so much we can do with our time, however; we often fall short of our aspirations because we don't take the necessary time to plan. As you transition into the summer season, think about how you want to spend your time intentionally. Turning your thoughts into goals will help clarify what is important to you and articulate what you want to achieve. Look back on your summer feeling proud. This activity will guide you through your first steps.

### Summer Goals List:

1. Prepare a new food recipe that you haven't made before.
2. Read a book that explores a topic you are interested in learning about.
3. Write and send a letter to someone that you haven't connected with lately.
4. Learn a new skill that increases your tactile skills.
5. Complete at least 10 reflective journal entries.
6. Learn 5 phrases in another language.
7. Watch 3 sunrises and 3 sunsets.
8. Do 3 things to reduce your environmental impact.
9. Do 3 things to improve your physical fitness.
10. Learn a breathing or meditative technique that helps calm your mind.
11. Learn a new artistic skill that allows you to express yourself in a creative way.
12. Learn how to complete 2 new chores that will help your family.
13. Go outside everyday.
14. Set up your tent and camp out in your back yard.
15. Have a relative teach you 3 things about your family history.
16. Connect and support a local non-profit or charity you are interested in.

### Activity:

- Using the Summer Goals list (*left*) to spark your thoughts, create a draft list of 20 goals you want to complete by the end of summer. This can be done on your own or through a family discussion.
- Once you've finished brainstorming your draft list, look at your family's summer calendar and set realistic deadlines for your goals to be accomplished by.
- Personalize your goal list by decorating it with art supplies.
- Once your list is complete, hang it up somewhere you can see it often (e.g. in your room, on your fridge, etc.)
- Keep track of your list throughout the summer making sure to celebrate each goal you achieve.
- Share your list with friends and family to see if there are any goals they can support you with.

### Materials Needed:

Paper, Pen/Pencil, Coloured Pencils, Tape, Additional Art Supplies

### Reflective Questions:

- How did you feel after creating your summer goals list? *Why?*
- What goal are you most excited to complete?
- Was this activity challenging? *Why?*
- Did you include any specific goals on your list that you tried to complete last year?