

JULY

ACTIVITY LIST

- Watch a fireworks show
- Learn about sunflowers
- Eat some seeds or sprouts
- Go on a night-time nature walk
- Attend a parade
- Write a letter to someone far away
- Have a watermelon seed spitting contest
- Play with a pool noodle in the water
- Salute the flag, sing a song
- Make a freezer pop that includes a veggie
- Make ice cream on the trampoline in baggies
- Collect shells at the beach
- Learn to hula hoop
- Make a splash pad in your yard
- Try a veggie raw that you usually eat cooked
- Host a neighborhood talent show
- Play a backyard baseball game
- Make a scavenger hunt
- Grill a veggie kebab
- Learn to play hopscotch
- Start a water fight
- Play trampoline dodgeball with water balloons
- Slide down a hill on an ice block

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CREATE BETTER HEALTH SNAP-ED

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