

June

HELLO SUMMER 2026

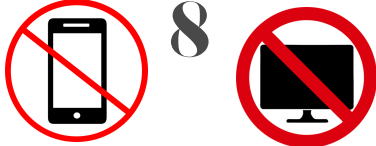


June Bucket List

Individual item:

One family item:

One thing you'll do for others:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Create a bucket list of things you want to accomplish, experience & celebrate this summer.	2 1000 hours outdoors this summer. Keep track of your minutes each day! https://www.1000hoursoutside.com/	3 Notice & help others in your family and community.	4 Thankful Thursday Notice, write down the things you are thankful for & share your gratitude with others.	5 Fitness Friday Create small daily habits to incorporate fitness into each day.	6 Saturdays of Summer Set a goal for each weekend. What tasks need to be accomplished? Get them done!
7 Remember that life has its ups and downs . Ask for help, forgive & keep striving to be your best self each day.	 8 Device Free Day	 9 Drink extra water each day!	10 Wonderful Wednesday What will you do to make sure today is wonderful?	11 Expand Your Knowledge Read & practice new vocabulary words.	12 1000 hours outdoors this summer. Keep track of your minutes each day! https://www.1000hoursoutside.com/	13 Saturdays of Summer Set a goal for each weekend. What tasks need to be accomplished? Get them done!
 14 Beach Day Go explore the trails, beach and water! Be safe in the water!	15 Check In How are you using your time this summer? Make sure you're outdoors, helping others & accomplishing your goals.	16 Camp Fire Gather your family to have an evening campfire & smores.	17 1000 hours outdoors this summer. Keep track of your minutes each day! https://www.1000hoursoutside.com/	18 Public Library Go to the public library. Ask the staff to help you find a few books to read this summer.	19 Create Use your hands to build, craft, be creative this summer.	20 Saturdays of Summer Set a goal for each weekend. What tasks need to be accomplished? Get them done!
21 Think of Others Do something kind for 5 people throughout the week.	22 1000 hours outdoors this summer. Keep track of your minutes each day! https://www.1000hoursoutside.com/	23 Bake & Cook Follow recipes that are new. Create your own.	24 Stretch in the Sunshine Begin your day by stretching in the early sunlight.	25 Be Active Run, hike, bike, skip, swim! Be active for hours today.	26 Reflection What have you enjoyed this month? How have you helped others this month?	27 Saturdays of Summer Set a goal for each weekend. What tasks need to be accomplished? Get them done!
28 THINK as you speak or share information. Is it True? Helpful? Inspiring? Necessary? Kind?	29 Zone Out Take 30 minutes to listen to uplifting music, podcast or silence.	30 Breakfast al Fresco Begin your morning outside with a healthy meal.				