

July



2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Daily Check In



Daily Check In

1. Check in with yourself.
2. Use coping strategies.
3. Teach someone else to use the steps



2

Go Blueberry Picking
Use the blueberries as a 4th of July dessert.

3

Create

Create decorations and posters for the 4th of July Parade.
"250 years of Independence"



5

Go for a Bike Ride



6

Pen Pal

Be a pen pal with a cousin or good friend. Write hand written letters.

7

1000 Hours

Be outdoors as much as possible this summer.
<https://www.1000hoursoutside.com/trackers>



8

Fruit Snacks

Create a snack of colorful fresh fruit.



9

Celebrate Summer

by swinging at a park

10

BE yourself



11

Camp Outdoors

How many falling stars can you find tonight?

Family 12

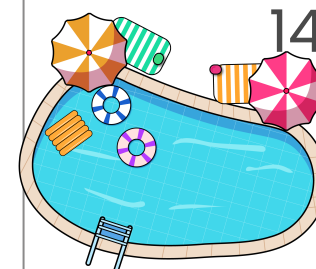
Conversation
Use conversation cards to spark discussion.



13

Math Practice

Count, sort, add, subtract, multiply, divide numbers



14

Enjoy
being in the water on a hot summer day.

15

Breathing Exercises

Practice as a family.
*Five Finger Breath
*Box Breath

16

1000 Hours

Be outdoors as much as possible this summer.
<https://www.1000hoursoutside.com/trackers>

17



Device Free Day

18

Be Kind.



19

Invest in Yourself

Read. Create. Build. Learn to cook. Exercise. Talk with your family. Surround yourself with positive friends.

20



21

1000 Hours

Be outdoors as much as possible this summer.
<https://www.1000hoursoutside.com/trackers>



22

Have a **cook off** challenge as a family.

23

Keep your Skills Sharp

*Practice Math Facts & Skills
*Read Daily
*Use Khan over the summer

24



Have Pot Luck **Picnic** with friends.

25

Create

Find a new hobby and discover the joy of learning new skills.



26

Device Free Day

**BE KIND
BE BRAVE
BE SILLY
BE HONEST
BE HAPPY
BE YOU**

27



28

Be A Kid

Play outside from the morning to the evening!!



29

Fly a Kite

*Design your own
*Decorate it
*Enjoy

30

1000 Hours

Be outdoors as much as possible this summer.
<https://www.1000hoursoutside.com/trackers>

31

Reflection

July is coming to a close.
Reflect & celebrate the accomplishments of the month.