

Ideas for Special Day Summer Celebrations with Your Child



The following are authentic national holidays. Make them memorable occasions this summer as you spend time with your child. Many of these ideas will help you to teach some valuable life-lessons. Hope you'll have a safe, rewarding, fun summer!

JUNE

1 - Child Awareness Memorial Day: Take a walk with your child and, along the way, tell your child how special he/she is and what gifts of character you feel he/she has. Children need your validation.

2 - National Cancer Survivors Day: Surely you know someone who's a survivor. Share with your child why this person is special to you. Plan together to make a visit to this person or to write to this person to tell them how special they are and how lucky you are to know them. Children learn compassion from you.

4 - National Hunger Awareness Day: If there's a soup kitchen in your community, ask if you and your child can help out in some way to give meals to those less fortunate. Children need to think beyond themselves and their own families.

6 & 7 - Donut Days: How about just going to the local donut shop for donuts and hot chocolate? These calories surely won't count! Let your child know how special the little things in life can be!



7 - Heirloom Seed Day: A few seeds of any sort that you and your child plant today will give your child so much to anticipate in future days. Let your child know how much he/she controls the future—with the seeds as a little symbolism!

7 - National Trails Day: After planting seeds, how about a walk to notice what Mother Nature has to offer? Children need to learn to appreciate their environment.



10 - National Taco Day: Have tacos for lunch or dinner after going to the Internet to research the origin of this delicious ethnic food. For children who've studied food groups, you might talk about all the food groups represented in this dish.

12 - National Automotive Service Professionals Day: Make a card for your mechanic and deliver it together today. Watch your mechanic's look of surprise! Children need to know about all kinds of professions and how we depend upon them.

12 - Nursing Assistants Day: Here's another profession that's noble and necessary. If you know a nursing assistant, take a card to him/her, too, to say "thank you."

13 - Blame Someone Else Day: See how many silly excuses you and your child can come up with today. "There must have been an earthquake that made my cake fall!" "I think the washing machine ate another of my socks!" While you're begin silly, make a point that we really do need to take responsibility for what we do in life.

14 - Family History Day: With your child, draw a family tree to explain to your child the relationships of people in your family. If you have memories of each person (your Great Aunt Matilda, for example, who made the best apple pies), jot those beside the names or draw a little picture to help make personal connections. Date your family tree and tuck it away. It may just become a valuable treasure for your child in the future.



15 - Family Awareness Day: Today you might continue to work on your family tree. Or, you and your child might want to make cards for each family member to tell them how special they are.

18 - National Splurge Day: How about going for ice cream today—maybe even a double dip cone! If you really want to splurge, you might go for a movie and popcorn! There are lots of ways to splurge.



20 - Take Your Dog to Work Day: You may want to forget about this holiday! Maybe the creator really meant Take Your Dog to Walk. We could at least do that today! If you don't have a dog, you might just offer to take the neighbor's dog to walk. What a treat for the dog and for the neighbor! Random acts of kindness will be appreciated!

21 - Pick Up Some Litter Day: Grab a grocery bag and head out for a walk around the neighborhood. Gather all of the litter you can find. If you have some extra time, use the Internet to research how many years the different materials you gathered will take to degrade. Children need to take responsibility for their environment.

22 - America's Kids Day: You might want to invite some of your child's friends over for a Kids Day lunch or tea. Girls might even enjoy dressing for this special occasion. Kids need to feel celebrated!

23 - Let It Go Day: There are several things you might "let go" today: 1) Hard feelings about anything a family member has done to hurt you; 2) Work you had planned to do—instead go to the park with your kids (They won't be kids forever!); or 3) Any of the rules, habits, or chores that might restrict having fun—just for a day!

29 - Log Cabin Day: Get out the Lincoln logs, popsicle sticks or even just some sticks and build a miniature log cabin. Talk with your child about what life may have been like for people who lived long ago in log cabins. What were the advantages and disadvantages? Compare it to life today. Children need to stop and give thanks for what they have.



JULY

2 - I Forgot Day: Hmmm! It might be fun to work alongside your child to make a list of things in life that you should never forget. This might be valuable advice! The list can start with: 1) due dates for library books; 2) returning videos on time; 3) important birthdays and anniversaries; 4) homework; 5) studying for tests; 6) telling your family and friends that you love and appreciate them... This might be one of those lessons that might otherwise go untaught.

3 - Air Conditioning Appreciation Day: You could celebrate this one by intentionally staying outside for a while so that coming back inside where there's air conditioning will feel so very good! Today you

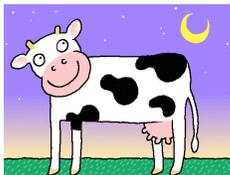
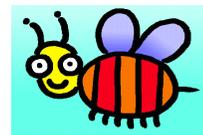
could talk to a grandparent or great-grandparent who might remember what it was like not to use or have air conditioning everywhere.

3 - Stay Out Of The Sun Day: Funny that this is the same day as "Air Conditioning Appreciation Day," isn't it! This would be a good time to talk with your child about protection from the sun. They know that you rub sunscreen on them, but do they know why? They need to know the immediate and the long-term damage that the sun can do to their skin. You might even call or write a dermatologist for brochures about sun damage.

4 - Independence From Meat Day: Find other sources for protein and see if you can go without meat today.

7 - Father-Daughter Take A Walk Together Day: This one is self-explanatory! Make it a bonding experience! Holding hands would be great!

10 - Don't Step on a Bee Day: Today go on a bee hunt in the park. Take a census of how many bees you can find. Just look, though, don't touch! And, **definitely**, don't step on a bee!!



19 - Cow Appreciation Day - Take a look in the refrigerator, and see how many different products cows have contributed: milk, cheese, cream, butter, steaks, etc. You might even take a field trip to the local grocery store to do this. The ultimate field trip, though, would be visiting a dairy farm today to say "thank you" in person to a cow!

20 - National Ice Cream Day - You know immediately what you want to do today! Instead of buying the ice cream, though, how about making it? Here's an easy recipe for ice cream in a Ziploc baggie! Wow! This will be a real winner!

Ice Cream in a Baggie

Ingredients:

1-pint Zip-loc™ baggie
Ice cubes
1 tablespoon sugar
1/4 teaspoon vanilla

1 -gallon Zip-loc™ baggie
6 tablespoons rock salt
1/2 cup milk or half and half



1. Begin with a pint-sized Zip-lock baggie and a gallon-size Zip-lock baggie.
2. Fill the large bag half full of ice and add the rock salt. Seal the bag.
3. Put milk, vanilla, and sugar into the small bag, and seal it.
4. Place the small bag inside the larger one and seal again carefully.
5. Shake for 5 minutes until mixture is ice cream.
6. Wipe off top of small bag, and then open carefully. (Optional: Add sprinkles, nuts and fruit to top it off. Add a bit of cocoa or carob for flavor.)
Enjoy!

20 - Special Olympics Day: Find out what events are planned for Special Olympics in your area. Volunteer to help with the events. Children need to appreciate diversity.

27 - Parents' Day: This is a great day to celebrate why you're a parent! Make sure you tell your child how happy you are to have this role in life. Don't forget to let your own parents know how special they are, too!

27 - Take Your Houseplant for a Walk Day: This one is a bit of a stretch! Maybe giving some special attention to your houseplants would suffice! Teach your child how to care for plants. Fertilizing, transplanting, rooting, pruning, etc., will all be fascinating! You might root some clippings for your child to care for in his/her room. How about having your child help you find "people names" for some of your special plants? Children learn a lot by caring for some living thing.

28 - National Drive-Thru Day: This special day will keep you out of the kitchen for lunch and/or dinner. If weather permits, take your drive-thru meal to the closest park and have an impromptu picnic.



31 - Mutt's Day: Make a fancy kerchief from a scrap of material and give your favorite dog a new look today! Surely dogs like to be fashionable, too!



Don't forget to visit your local library every week this summer!