**June 1:**

**Breakfast/Snack Banana Split**

**Ingredients**

1 bananas

1/2 cup cottage cheese 1% or fat free (or Greek yogurt)

2 Tbsp. all- fruit strawberry jam

5-7 strawberries sliced

5-7 blackberries

1 teaspoon granola or toasted oats

1 teaspoon chopped nuts like almonds, peanuts, or cashews

**Instructions**

Peel 1 bananas and cut in half lengthwise. Place banana halves in a shallow bowl . Add a few berries to the bottom of the bowl, between banana slices. Top with cottage cheese and sprinkle with remaining berries, granola and chopped nuts. Repeat with remaining banana, to prepare second banana split. Serve immediately.

for a little extra sweetness drizzle with honey or agave

*Recipe adapted from [simplehealthykitchen.com](http://www.simplehealthykitchen.com/healthy-breakfast-banana-split/)*

**June 2**

**Water Hose Games:**

1. Tag
2. Limbo
3. Mud Castles- Think sand castles, but work with what you’ve got!
4. Sprinkler Fun- No sprinkler attachment? Hold your thumb over the hose and make it spray!

**June 3**

**Paper Airplane Activities:**

[Fun & Educational STEM Paper Airplane Challenge | Kids Activities Blog](https://kidsactivitiesblog.com/77853/stem-paper-airplane-challenge/)

**June 4**

**Board Game Fun:**

Everyone chooses one board game to play! Enjoy the evening with some friendly, fun challenge!

**June 5**

**Animal Yoga:**

[Cosmic Kids Yoga - YouTube](https://www.youtube.com/user/CosmicKidsYoga)

**June 6**

**Notes of Kindness:**

Write random notes of kindness. Choose a neighbor, someone you see at the store every day, a family member, a friend! Write a note of kindness and deliver it.

**June 7**

**Relay Games & Obstacle Courses:**

[Fun and Simple Relay Races for Kids - ONE SIMPLE PARTY](https://onesimpleparty.com/relay-races-for-kids/)

Brainstorm an obstacle course for the backyard. Grab paper and pen, and dream up what you can make possible. Gather supplies and get started! Have fun with it!

**June 8**

**No Bake Energy Balls**

**Ingredients**

1 cup old fashioned rolled oats

1/2 cup natural peanut butter

1/4 cup honey

1/4 cup unsweetened shredded coconut

1/4 cup chocolate chips

1 teaspoon vanilla extract

pinch of sea salt

**Instructions**

Mix all ingredients in a bowl. Roll in to 1 inch balls and enjoy!

Recipe adapted from eatingbirdfood.com

**June 9**

**Super Soaker Sponge Fun:**

[How to Make Super Soaker Sponge Balls Kids Will Love - Natural Beach Living](https://www.naturalbeachliving.com/super-soaker-sponge-balls-kids-love/)

**June 10**

**Salt Dough Fossils:**

[How to Make Salt Dough Dinosaur Fossils | Mombrite](https://www.mombrite.com/salt-dough-dinosaur-fossils/)

**Lesson:** [Fun with Fossils | PBS LearningMedia](https://myarkansaspbs.pbslearningmedia.org/resource/ess05.sci.ess.earthsys.lp_funfossils/fun-with-fossils/)

**June 11**

**Nature Scavenger Hunt:**

[Nature Scavenger Hunt - Printable – Therm](https://www.therm.co.nz/blogs/outdoor-activities-boredom-busters/nature-scavenger-hunt-printable)

**June 12**

**Family Spa Day:**

Face Masks-[Face Masks for Kids: 5 Simple and Quick Recipes • The Koala Mom](https://thekoalamom.com/2018/03/face-masks-kids-5-simple-quick-recipes-need-know/)

[Kids Spa Day on a Dollar Store Budget (schooloftoughmoms.com)](https://schooloftoughmoms.com/kids-spa-day-on-a-dollar-store-budget/)

Bath Bombs-[How to Make Bath Bombs for Kids: An Easy Bath Bomb Recipe | Creative Green Living](https://www.creativegreenliving.com/2018/08/how-to-make-bath-bombs-for-kids-with-toys.html?utm_medium=social&amp&utm_source=pinterest&amp&utm_campaign=tailwind_tribes&amp&utm_content=tribes&amp&utm_ter)

**June 13**

**Trash Pick Up Day:**

Choose a place, grab some gloves, and pick trash up with the family! Watch for sharp objects and let the adults pick decide what is safe to pick up and what is not.

**June 14**

**Dance Party**

Everyone choose their favorite song and play it loud! Show off your BEST dance moves. Record the dance party so you can all enjoy it later!

**June 15**

**Peanut Butter Cheerio Bars**

**Ingredients**

3 cups Cheerios cereal

1/2 cup peanut butter

1/2 cup honey

**Instructions**

Line an 8x8in pan with parchment paper.

Combine peanut butter and honey in a large saucepan and set over medium heat.

Heat until mixture just starts to simmer, about 2-3 minutes, stirring.

Remove from heat and stir until mixture is smooth.

Stir in cereal until evenly coated.

Pour mixture into prepared pan and spread evenly.

Chill in the refrigerator for 1 hour.

Cut into bars.

*Recipe adapted from thelazydish.com*

**June 16**

**Splash Pad Fun**

Find a Splash Pad or Water Play space near your area and enjoy the day!

**June 17**

**Build a Raft STEM activity**

What can you build a raft out of? Grab some supplies and start building!

Plastic straws, popsicle sticks, sticks from the yard- it’s all fair game.

How much weight can your raft carry? How many pennies? How many quarters? How many rocks?



**June 18**

**Backyard Campsite**

Set up a tent, or build a blanket fort outside! Gather sticks and rocks for your make believe campfire (or build a real one with an adult!). Go on a bear hunt, go fishing- your imagination can take you all kinds of places. Take a picture of your creation and share with us!

Facebook or e-mail!

**June 19**

**Family Vision Board**

[How to Create a Family Vision Board (gloverhealth.com)](https://gloverhealth.com/how-to-create-a-family-vision-board/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=711592706_28635692_385149)

**June 20**

**Choose a family to cook a meal for!**

Try these great meals that will feed a family of 4 for less than $10.

[Recipes | Cooking Matters](http://cookingmatters.org/recipes)

**June 21**

**Sidewalk Chalk Activity Course**

https://youtu.be/YqrTCcFbtVs

**June 22**

**Berry Granola Yogurt Bark**

**Ingredients**

3 cups mixed berries, fresh or frozen, separated

2 cups plain yogurt (see notes)

2-3 tbsp honey

1/2 cup granola

**Instructions**

Line a baking sheet with parchment paper. You can use a 9x9 baking dish, 9x13 baking dish or a 13x18 baking sheet, depending on how thick you want your bark.

In a blender, add in 2 cups of the berries, the yogurt and honey and blend until smooth.

Pour the yogurt onto the baking sheet and spread with a knife or spatula until you have a smooth layer.

Sprinkle on the remaining chopped berries and granola. Place the baking sheet in the freezer for at least 4 hours.

Take the baking sheet out of the fridge and break the yogurt bark into chunks with your hands.

Serve and enjoy.

**Recipe adapted from** babyfoode.com

**June 23**

**Wash the Car together!**

Pull out the water hose, soap, and sponges and have some fun! Go for a fun water fight afterwards to finish the day off right!

**June 24**

**STEM Tower Challenge**

Grab some plastic cups and popsicle sticks and start building! See who can create the tallest tower! Make it a family challenge. Who will win?

**June 25**

**Pack a Picnic & Choose a Park**

Make a list of all the parks in your area. Write them on slips of paper, drop them in a cup, and draw for the winner!

Pack a picnic and make a day of it.

**June 26**

**Cloud Animals Hunt**

Grab a blanket, find a grassy spot, and lay down to look at the clouds. See how many different animals you can find! Make it more fun by making a list of all your favorite animals. Don’t leave your spot until you find the animals! Enjoy the weather and the quiet time searching for the animals.

**June 27**

**Make Cards & Deliver to Patients**

Make cards & deliver them to your local nursing homes, hospitals, or food shelters.

**June 28**

**Walking Trail Activities**

Scooters, bikes, walking, running- it’s all fair game. Just get moving together!

**June 29**

**Chocolate dipped waffle cone fruit and yogurt cups**

**Ingredients**

8 Waffle Cones

Milk Chocolate Melting Wafers

Short Cups for holding the cones

Vanilla Yogurt

Berries of Choice

***Instructions***

Melt the chocolate in a large measuring cup or deep cereal bowl.

Dip the mouth of each waffle cone in chocolate and place in a short cup to keep the chocolate from touching anything.

Place the cups on a cookie sheet so you can lift the whole thing into the fridge to set the chocolate.

Fill each cone with yogurt and berries and serve up!

***Notes***

You can refrigerate for up to 3 days.

**Recipe taken from ohsweetbasil.com**

**June 30**

**Water Balloons & Sprinkler Fun**

Water Balloon Fight! Fill up the balloons, hook up the sprinkler, and get started! The fight is on!