

# SFC's 2019 Summer Challenge

Complete 55 of these boxes, return by August 1! *\*parent must sign off on EACH box once completed*

Read 1 book	Take a picture of sea life	20 jumping jacks	Played outside 1 hour	See a movie	Blow bubbles	Eat 1C fresh veggies	Eat asparagus	Play tag or hopscotch	Play an instrument	Go to a community event
Play a card game	Visit a museum	Take pic with wild animal	Visit a petting zoo	Catch a lizard	Wipe the counters	Draw an animal	Go on a ride!	Build a sand sculpture	Do a scavenger hunt	Pick berries at a farm
20 min exercise	Read a book to someone	Go swimming	Sit by a bonfire	Play a boardgame	Make fresh orange juice	Drink 8 glasses of water	Sculpt something	Make a paper airplane	Camp out	Go to a concert
Go fishing	Ride your bike	Read 1 book	Trace your body with chalk	Climb a tree	Have or go to a BBQ	20 sit ups	Sweep the floor	Jump Rope 100 x's	Read 1 book	Lay in a hammock
Drink 8 glasses of water	Make a fort	Stargaze	Play outside with a parent	Play hop scotch	Do the dishes	Toss a frisbee	Make a rock garden	Make a how-to video	Dance in the rain	Taste something new
Do your own laundry	Memorize your favorite song	Go to a baseball game	Howl at the moon	Read 1 book	Catch a toad/frog	Swim with friends	Try something new to eat	Make popsicles	Have a picnic	Do a random act of kindness
Make a video	Taste a fresh herb	Make an obstacle course	Go kayaking	Have a dance party	Read 1 book	Eat 1 C fruit	Read 1 book	Try origami	20 push ups	Create a play
50 push ups	Volunteer	30 burpees	Make a bird feeder	Make balloon animals	Clean your room	Write a story	Visit a fire station	Visit grand parent(s)	Bike around your neighborhood	Fly a kite
Write a letter & mail it	Cook a meal for your family	Learn a word in a new language	20 min exercise	Find animals in the clouds	Bake cookies	Cook for the family	Play with a parent for 30 minutes	Learn to spell your name in sign language	Go to a sports game	20 sit ups
Make paper mache	Read 1 book	Visit a farmers market	Played outside 1 hour	Eat a salad	Read 1 book	Eat 1 cup fruit	Take a hike	Make flashlight puppets	Plant a tree or flower	Read 1 book