

LOOKING FOR FUN & EXCITING WAYS TO ENJOY YOUR SUMMER?



Springfield
Urban League Inc.

*Empowering Communities.
Changing Lives.*



**Next lies endless amounts of,
FUN ACTIVITIES, IDEAS
&
WAYS TO STAYING POSITIVE!**

Green underlined words are hyperlinks.
Click them for more information!

OUTDOOR ACTIVITIES

- Going on a walk, jog or run
- Going to the park
- Riding Bicycles
- Playing Frisbee
- Jump rope/Double Dutch
- Sidewalk chalk
- Tie dying
- Water balloons
- Fly a kite
- Sprinkler's
- Bonfire
- Camping in the backyard
- Gardening
- Picnic



INDOOR ACTIVITIES

- Build a fort
- Bake goodies
- Learn new recipes to cook
- Board games
- Charades
- Family movie night
- Spa day at home
- Workout
- puzzles
- Learn to dance
- Educational games
- Online courses
- Build resume
- Take up new hobbies
- Read
- Film a play or a movie
- Arts and Crafts



100+ INDOOR ACTIVITIES

CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY

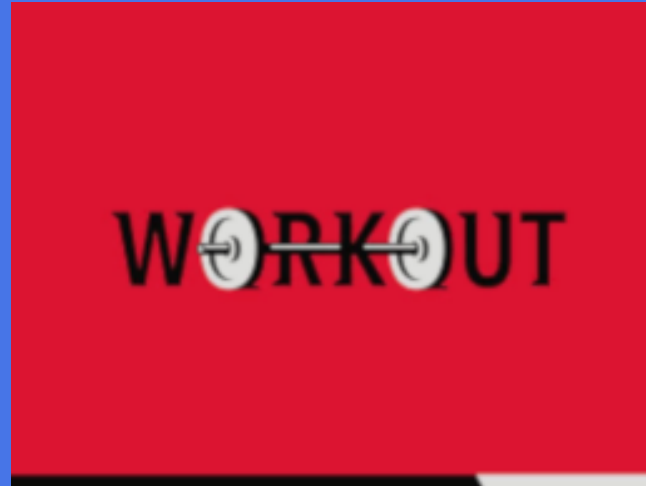
STAYING POSITIVE

- Make a daily schedule
- Keep virtual communication
- Practice breathing
- Do things that make you happy
- Get dressed everyday
- Keep a normal exercise schedule
- Think positive thoughts
- Reach out if you feel down
- Find your happy place
- Find a positive coping mechanism
- Remember everything will get better!



POSSIBLE WORKOUTS

- Upper Body
 - Ground Push ups-on knees or feet
 - Incline pushups
 - Arm raises- with or without weights
 - Side, front and straight up
 - Straight arm Planks & shoulder taps
 - Tricep dips
 - Forward punches
 - Small arm circles- 30 secs
 - Forward and backwards
- Lower Body
 - Squats- toes out & forward
 - Wall sits
 - Running or walking
 - Leg kicks/ raises standing up
 - Glute raises
 - Calf raises
 - Lunges- side/forward & backwards



- Full Body
 - Inchworms
 - Jumping jacks
 - Jump squats
 - Jumping lunges
 - Bicycles
 - Burpees
 - Mountain climbers
 - High knees/Butt kickers
 - Super mans
- Middle Body
 - Sit ups
 - Crunches
 - Plank- hands/elbows & both side
 - Tab shoulders/feet
 - Leg lifts laying down
 - V-ups, pike-ups, tuck-ups
 - Russian twist
 - Lunges- side/forward & backwards
 - Flutter kicks

YOGA

20-MINUTE YOGA WORKOUT FOR BEGINNERS



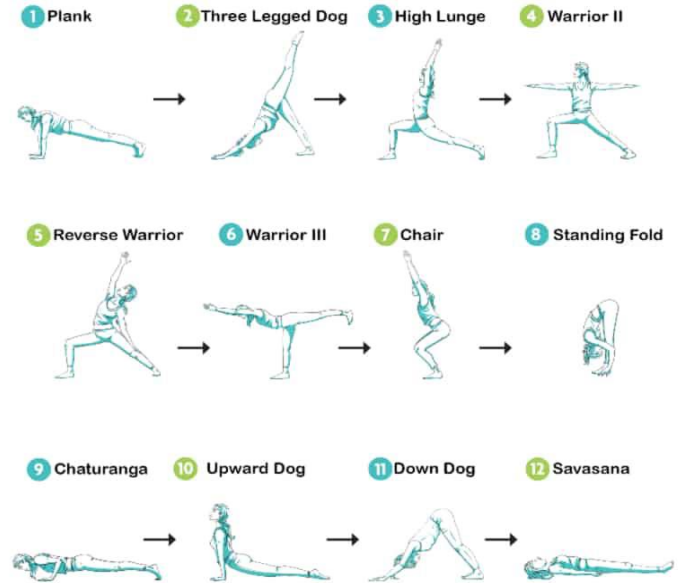
20-MINUTE YOGA WORKOUT FOR FLEXIBILITY



FULL BODY FLOW YOGA ROUTINE

yogaove.com

Hold each pose for 5 slow breaths. Repeat steps 1-11 x2 on both sides.



Yoga videos:

- [Yoga with Adriene](#)
- [Yoga with Candace](#)

AT HOME EXPERIMENTS

- Baking Soda Volcano in a bottle- [Science fun](#)
- Lava Lamp- [Science fun](#)
- Home made play dough- [Science fun](#)
- Snow Fluff- [Science fun](#)
- Slime- [Homemade slime](#)
- Tornado Bottle- [Science kids](#)
- Oil and Water- [Science kids](#)
- Glowing Water- [Science kids](#)
- Making Music- [Science kids](#)



GAMES

- Jenga
- Monopoly
- Sorry
- Cards
 - EX: Go fish, War, Spades, 5 thousands, Crazy 8's, Uno, Phase 10

- Headbands
- Life
- Clue
- Connect 4
- Candy Land
- Operation
- Guess Who
- Apples and apples
- Shoots and ladders
- Twister
- Family feud
- Charades
- Chess/Checkers
- Mancala
- Scrabble
- Pictionary



BOARD GAMES

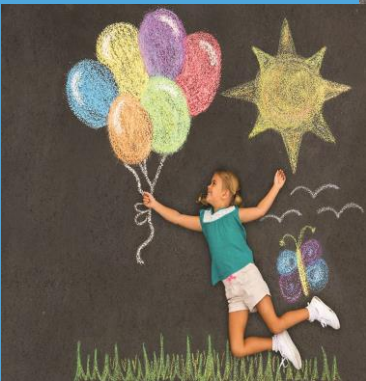
DIY GAMES

- DIY GAMES
 - Bowling
 - Ring toss
 - Water balloon baseball
 - Pin the tail game
 - Toilet paper mummy
 - Make bubbles
 - Hangman
 - Tic tac toe
 - Bean bag bowl toss
 - Paper scrabble
 - Lawn matching game
 - Lawn twister
 - Laundry Basket skee ball

SIDEWALK CHALK IDEAS

SIDEWALK CHALK

GAMES & ACTIVITIES



ARTS AND CRAFTS



- Jewelry
- Flower pens
- Drawings
- Dream catcher
- Book marks
- Painting
- Finger/hand Paintings

Links:

- [Pinterest](#)
- [happinessis homemade](#)
- [joann.com](#)
- [parents.com](#)
- [good housekeeping](#)



EDUCATION



Principal Scholars PROGRAM in the Summer Virtual Summer Opportunities

- Take advantage of the **FREE** virtual academic enrichment activities we will be hosting this summer. On our website, there is a description of each conference/event.
- **The conferences/events are for any student in grades 6-12 who reside in the State of Illinois.**
- **Register now! Spaces are limited!**
- The website link is: <https://sites.google.com/view/psp-virtual-2020/home>
- Conferences/Events offered this summer:
 - **Middle School**
 - Science Summer Splendor 2020
 - Girls Who Code (Summer)
 - Math Rocks Conference: Basic Math & Pre-Algebra
 - Math Rocks Conference: Algebra
 - Reading Club
 - **High School**
 - College Essay Clinic (2 sessions offered)
 - SAT Test Prep (taught by Sylvan Learning Center)
 - Virtual Job Shadowing
 - Reading Club
 - Real Colors
 - YOU DON'T WANT TO MISS THIS!



ADULTS CAREERS/EDUCATION

Springfield Urban league resources

- Energy Efficiency Career Resource Center
- **Resume builder:**
 - <https://resumake.io/>
- **Financial Literacy:**
 - <https://www.annuity.org/financial-literacy/>
 - <https://www.illinoisenergyefficiencyjobs.com/resources/financial-coaching>
- **Job readiness:**
 - <https://www.illinoisenergyefficiencyjobs.com/resources/job-readiness-training>
- **County resources**
 - <https://www.illinoisenergyefficiencyjobs.com/resources/county-resource-services>
- **Industrial recognized credential training**
 - <https://www.illinoisenergyefficiencyjobs.com/resources/industry-recognized-credential-trainings>

COVID -19 COMMUNITY RESOURCES

- **Union Baptist Church**
 - 1405 East Monroe Street, Springfield, Illinois 62703
 - Tuesday & Thursday - 9:30 a.m. - 1:15 p.m.
- **Lincoln Library**
 - 326 South 7th Street, Springfield, Illinois 62703
 - Saturday - 10:30 a.m. - 2:30 p.m.
- **Senior Services of Central Illinois**
 - 701 West Mason Street, Springfield, Illinois 62703
 - Monday - 8:30 a.m. - 12:15 p.m.
 - Tuesday - 8:30 a.m. - 12:15 p.m.
- **Chatham Area Public Library**
 - 600 East Spruce Street, Chatham, Illinois
 - Wednesday - 9:00 a.m. - 1:30 p.m.
 - Saturday - 9:00 a.m. - 1:30 p.m.
- **Rochester Public Library**
 - 1 Community Drive, Rochester, Illinois
 - Friday. - 10:00 a.m. - 1:00 p.m.

**THANK YOU FOR WATCHING!
WE HOPE YOU ENJOYED IT!
-From the Springfield Urban League**



**Springfield
Urban League Inc.**

*Empowering Communities.
Changing Lives.*

