LOOKING FOR FUN & EXCITING WAYS TO ENJOY YOUR SUMMER?
Next lies endless amounts of, **FUN ACTIVITIES, IDEAS & WAYS TO STAYING POSITIVE!**
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

CRARFTS
MAKE PAPER AIRPLANES
MAKE SALMON
MAKE SUGAR SOUP
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOK MARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
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 CELEBRITY
MAKE CHALK ICE
MAKE PUFFY SIDWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRABBLE 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 TOES GAME
MAKE PAPER AIRPLANE
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 ROTO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOS
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL
READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CRAFT
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

**Yoga videos:**
- [Yoga with Adriene](https://www.youtube.com/user/adrieneimy)
- [Yoga with Candace](https://www.youtube.com/user/candaceyoga)

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**20-MINUTE YOGA WORKOUT FOR BEGINNERS**

1. Warrior I
2. Warrior II
3. Warrior III
4. Reverse Warrior
5. Downward Facing Dog
6. Upward Facing Dog
7. Chair
8. Revolved Chair
9. Standing Half Forward Bend
10. Forward Bend
11. Plank
12. Four-Limbed Staff

**20-MINUTE YOGA WORKOUT FOR FLEXIBILITY**

1. Upward Facing Dog
2. Downward Facing Dog
3. Revolved Chair
4. Standing Half Forward Bend
5. Camel
6. Head-to-Knee Forward Bend
7. Triangle
8. Pigeon
9. Standing Back Bend
10. Warrior I
11. Reverse Plank
12. Forward Bend

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**FULL BODY FLOW YOGA ROUTINE**

Hold each pose for 5 slow breaths. Repeat steps 1-8 x2 on both sides.

1. Plank
2. Three-Legged Dog
3. High Lunge
4. Warrior II
5. Reverse Warrior
6. Warrior III
7. Chair
8. Standing Fold
9. Chaturanga
10. Upward Dog
11. Down Dog
12. Savasana
BAKING IDEAS

• Chocolate chip cookies- [Chefs John](https://www.chefsjohn.com/recipe/chocolate-chip-cookies)
• Brownies- [Best brownies](https://www.bakingbites.com/best-brownie-recipe)
• Apple Pie- [Taste of home](https://www.tasteofhome.com/recipe/apple-pie)
• Vanilla Cake- [Sallys baking](https://www.sallysbakingaddiction.com/recipe/vanilla-cake)
• Sugar Cookies- [Allrecipes](https://www.allrecipes.com/recipe/sugar-cookies)
• Rock Candy- [Diy Rock candy](https://www.allcrafts.net/candy/diy-rock-candy/)
• Banana cake- [Sallys baking](https://www.sallysbakingaddiction.com/recipe/banana-cake)
• Pumpkin Bread- [onceuponachef](https://www.onceuponachef.com/recipe/pumpkin-bread)
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

• 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

GAMES & ACTIVITIES
ARTS AND CRAFTS

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

Links:
- Pinterest
- happinessishomemade
- joann.com
- parents.com
- goodhousekeeping
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](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/

• Finical 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