

SUMMER FUN PACK

♥ 10 PRINTABLES FOR KIDS ♥

Activities, games, and ideas for a summer full of fun, connection, creativity, and kindness!

Perfect for summer days at home, on the go, or outdoors!



♥ Make memories. Have fun. Grow together. ♥

♥ Carolina King | Mama Instincts ♥



HOW TO USE THIS PRINTABLE PACK



♥ SIMPLE MOMENTS. REAL CONNECTION. LASTING MEMORIES. ♥

There's no right or wrong way to use these pages. This pack is meant to be a resource you come back to all summer long, not something you do all at once.



Print it once, use it all summer. Keep the pages somewhere easy to grab, like the fridge, a folder, or a basket the kids can reach.



Let your kids choose. On slow days or "I'm bored" moments, let them pick a page and lead the way.



Some pages are one-time activities. The Scavenger Hunt, Nature Art Page, and Memory Page are great for a specific day or outing.



Some pages you'll return to again and again. The Bucket List, Kindness Bingo, Kindness Calendar, and Conversation Cards can be spread out over days or weeks.



The Activity Jar is meant to live on your counter. Cut out the strips, fold them up, drop them in a jar, and let the kids pull one whenever they need something to do.



There's no pressure to finish everything. Even one connection moment a day makes a difference.

✧ *This summer is yours.
Make it what your family needs.* ✧





Summer BUCKET LIST



40+ FUN THINGS TO DO THIS SUMMER!

- Have a picnic
- Fly a kite
- Catch a butterfly
- Go on a nature walk
- Make homemade popsicles
- Play in the sprinklers
- Build a fort
- Read a book outside
- Watch the sunrise
- Watch the sunset
- Dance in the rain
- Paint with water
- Blow bubbles
- Go on a bike ride
- Visit the library
- Make lemonade
- Have a pajama day
- Go stargazing
- Make a chalk masterpiece
- Collect seashells
- Go to the beach
- Walk barefoot in the grass
- Pick wildflowers
- Have a campout
- Tell stories
- Make s'mores
- Visit a farmer's market
- Feed the ducks
- Play a board game
- Do a puzzle
- Make tie-dye
- Write a letter
- Make a bird feeder
- Create a treasure hunt
- Go on a hike
- Skip rocks
- Visit a new place
- Take silly photos
- Learn something new
- Make friendship bracelets
- Have a movie night
- Eat watermelon
- Go on an adventure
- Make ice cream
- Have a water fight
- Visit a park
- Climb a tree
- Swing as high as you can
- Draw with sidewalk chalk
- Listen to music
- Create some art
- Make a gratitude jar
- Go fishing
- Pick berries
- Help someone
- Plant something
- Make a nature collage
- Play at the playground
- Make a time capsule
- Hug someone you love
- Write your own story
- Do something kind
- Have a screen-free day

Collect memories, have fun, and enjoy the little things.

You've got a whole summer to shine!





“I’M BORED!” ACTIVITY JAR



CUT OUT THE STRIPS, FOLD THEM UP,
AND PUT THEM IN A JAR! ♡

≡ PICK ONE WHEN YOU’RE BORED AND HAVE FUN! ≡




Build a fort with pillows and blankets. ♡



Build something awesome with Legos or blocks. ♡





Create a masterpiece with crayons, markers, or paint. ♡




Make something yummy in the kitchen. ♡





Read a book somewhere cozy. ♡




Write or draw a story. ♡

Go on a nature scavenger hunt in your yard or neighborhood. ♡



Invent something new out of stuff you already have! ♡

Put on a show! Sing, dance, or do a puppet performance. ♡



Do something kind for someone today. ♡




Take silly photos of yourself or your toys. ♡



Make up a game and teach it to someone. ♡

≡ SO MANY FUN IDEAS! ≡



OUTDOOR SCAVENGER HUNT

HOW MANY CAN YOU FIND?

Look high, look low, and all around! Check off each item as you find it.

Something smooth



Something rough



Something green



A pretty flower



A feather



Three different leaves



Something that smells good



A bug



A piece of bark



Something heart-shaped



A stick



Something that makes a sound



A pinecone



Something you love



A bird



Something colorful




Exploring nature is an adventure!
Great job, nature explorer!

NATURE ART PAGE

LET'S GET OUTSIDE AND GET CREATIVE!

Go on a nature walk and collect your treasures.
Then, glue them on this page to make your own nature art!


LEAVES
Big or small, smooth or bumpy!



FLOWERS
Colorful and beautiful!



TINY STICKS
Long or short, straight or twisty!



SEEDS
Little treasures from nature!



ROCKS
Cool shapes and colors!



PINECONES
Big or tiny, rough or smooth!



BARK
Different textures are so interesting!



SOMETHING SPECIAL
Find something that makes you smile!



Nature is full of beauty all around us.
Thank you, nature!

FEELINGS ADVENTURE

MY FEELINGS ARE MESSENGERS! ❤️

We all feel so many things every day.
Let's go on a feelings adventure and discover them together!



Find a time today when you felt each feeling.
Draw a picture and write or tell about it. ❤️

EXCITED



When I felt excited:

CALM



When I felt calm:

HAPPY



When I felt happy:

SAD



When I felt sad:

FRUSTRATED



When I felt frustrated:

SCARED



When I felt scared:

LOVED



When I felt loved:

PROUD



When I felt proud:

SILLY



When I felt silly:

THANKFUL



When I felt thankful:

All feelings are okay.
They help us understand ourselves and
help us make kind choices.
Be curious, be kind, and be you!





CONVERSATION STARTER CARDS




LET'S TALK, LAUGH, AND CONNECT! ❤️

✂️ Cut out the cards, put them in a jar, and take turns picking one! ✂️
Great for car rides, mealtime, bedtime, and anytime. ❤️




What made you smile today?




If you had one super power, what would it be?



What is your favorite thing about summer?



What is something you are really proud of?

If you could go anywhere in the world, where would you go?




What is your favorite food? Why?




If you could invent something, what would it be?




What do you like most about yourself?


If you could be any animal, which one would you be? Why?




What is one kind thing you could do for someone tomorrow?



What is something that makes you laugh every time?



If animals could talk, what do you think they would say?

What is something you want to learn how to do?



If you had \$100 to spend any way you want, what would you do?



What is your favorite memory with our family?



What are you most excited about?




If you could have dinner with anyone, who would it be?



What do you like to do on a rainy day?



What is something that makes you feel calm?



If today was perfect, what would you be doing?

❤️ The best conversations create the best connections. ❤️
You matter. Your thoughts matter. You are heard.





SUMMER MEMORY PAGE



LET'S REMEMBER ALL THE BEST MOMENTS! ♥

Summer goes by so fast! Let's capture the moments, the feelings, and the memories that make this summer special. ✨

♥ MY FAVORITE MOMENT THIS SUMMER WAS...

Four horizontal lines for writing a favorite summer moment. Includes a pink flower illustration in the bottom left and a pink heart with radiating lines in the bottom right.

★ I FELT HAPPIEST WHEN...

Four horizontal lines for writing when the user felt happiest. Includes a smiling star illustration in the top left and a blue heart in the bottom right.

♥ SOMETHING KIND SOMEONE DID FOR ME...

Four horizontal lines for writing something kind someone did for the user. Includes a pink flower illustration in the bottom right.

🍦 SOMETHING NEW I TRIED...

Four horizontal lines for writing something new the user tried. Includes an ice cream cone illustration in the top left and a purple heart in the bottom right.

📷 ONE THING I WANT TO REMEMBER...

Four horizontal lines for writing one thing the user wants to remember. Includes a camera illustration in the top left and a blue heart in the bottom right.



♥ The best memories aren't things... they're the moments we share. ♥





SUMMER KINDNESS CALENDAR



30 DAYS OF KINDNESS

Little acts of kindness make a BIG difference!
Do one each day and make the world a happier place.

1 Give someone a hug.

2 Say "thank you" to someone.

3 Hold the door open for someone.

4 Make someone laugh.

5 Share your toys or supplies.

6 Pick up litter and help our planet.

7 Write a kind note or letter.

8 Help set the table.

9 Compliment someone.

10 Help someone in need.

11 Let someone go first.

12 Draw a picture for someone special.

13 Water a plant or help in the garden.

14 Call or visit a family member.

15 Help with a chore without being asked.

16 Invite someone to play.

17 Share a snack with someone.

18 Tell someone why you appreciate them.

19 Smile at five people today.

20 Clean up something without being asked.

21 Thank a teacher or coach.

22 Read a book to someone you love.

23 Make a card for someone.

24 Do something nice for a sibling.

25 Leave a kind note for someone to find.

26 Give someone your time and listen.

27 Be extra kind to yourself today.

28 Watch the sunset and be grateful.

29 Do something kind for our planet.

30 Celebrate yourself for being kind!

Kindness is contagious and it starts with YOU!
You make the world a brighter, better place.



INDOOR ACTIVITY IDEAS

FUN THINGS TO DO WHEN YOU'RE INSIDE! ♥

Rainy day? Bored day? No problem!
Pick an idea, have fun, and make the most of your day!

1 BUILD SOMETHING



Use blocks, LEGO, or anything you have at home!

2 GET CREATIVE



Draw, paint, color, or create something amazing!

3 BAKE TOGETHER



Make cookies, muffins, or a yummy treat!

4 READ A BOOK



Visit a new place in a story!

5 MOVIE TIME



Pick a fun movie, grab a blanket, and enjoy!

6 PUZZLE FUN



Work together to complete the puzzle!

7 INDOOR CAMP OUT



Build a fort with blankets and have an adventure!

8 DO A SCIENCE EXPERIMENT



Try a simple experiment and see what happens!

9 PLAY A GAME



Board games, card games, or invent your own!

10 DANCE & SING



Turn up the music and have a dance party!



The best days are not about where you go...
but what you do and who you're with.

Make today a memory!





KINDNESS BINGO



BE KIND, BE YOU, MAKE SOMEONE'S DAY! ♥

Do kind things and mark them off as you go! ✨

<p>Give someone a hug</p>	<p>Help set the table</p>	<p>Make someone laugh</p>	<p>Draw a picture for someone</p>	<p>Say "thank you" to someone</p>
<p>Hold the door open for someone</p>	<p>Pick up litter</p>	<p>Share your toys or supplies</p>	<p>Give someone a compliment</p>	<p>Help someone in need</p>
<p>Write a kind note</p>	<p>Let someone go first</p>	<p>FREE SPACE</p>	<p>Visit or call a family member</p>	<p>Water a plant</p>
<p>Help with a chore without being asked</p>	<p>Invite someone to play</p>	<p>Give someone space when they need it</p>	<p>Make a card for someone</p>	<p>Share a snack</p>
<p>Tell someone why you appreciate them</p>	<p>Help clean up</p>	<p>Be a good listener</p>	<p>Smile at five people</p>	<p>Give someone a high five</p>



Kindness makes the world brighter!
You make a difference every day!





ONE LAST THING



This summer doesn't have to be complicated.

The best memories aren't made at the biggest destinations or the most planned-out days. They happen in the in-between moments... the backyard adventures, the kitchen messes, the lazy afternoons where nothing is scheduled and everything feels just right.



My hope is that these pages bring you back to the basics. Simple activities, slow mornings, real connection. The kind of summer your kids will actually remember.



Because here's what child development keeps telling us, and what our hearts already know... your kids don't need more stuff, more activities, or more places to go. They need YOU. Your presence is the gift. It always has been.

✧ *You don't need to do more, you just need to be there.* ✧



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