

AUGUST 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|---|---|
| 29 July | 30 July | 31 July | 1 August | 2 August | 3 August | 4 August |
| Appreciate the little things - wake up early to watch the sunrise | Sign up for music lessons and learn a new instrument | Make one new friend this week - perhaps a new neighbour or someone at camp | Get crafty and liven up some boring plant pots with bright colours | Sign up and volunteer for a good cause | Whip up some five-minute ice cream in a bag! | Invite your friends over for a giving party |
| 5 August | 6 August | 7 August | 8 August | 9 August | 10 August | 11 August |
| Start your day on a funny note with an early morning laughter yoga class | Try your hand at origami and make objects to hang from the ceiling | Learn a new language, or brush up on your High Valyrian | Learn more about your roots by researching your family tree | No equipment? No problem! Get fit using just a chair | Visit a local farmer's market and learn where your veggies came from | Trampolines are so 2016... team up with your parents to build a water blob instead |
| 12 August | 13 August | 14 August | 15 August | 16 August | 17 August | 18 August |
| Learn how to predict the weather by just looking at the clouds | Download and read a classic book for free | Read a book you wouldn't normally read - try short stories, memoirs, or non-fiction | Have a TED Talk binge | Make your own hard-to-pop bubbles using just three ingredients | Try a sport you've never played before | Team up with your siblings, write a short skit and act it out for your family and friends |
| 19 August | 20 August | 21 August | 22 August | 23 August | 24 August | 25 August |
| End your summer hols on a positive note - do a random act of kindness every day for a week | It's Mindful Monday - two or three times a day, stop what you're doing and ask yourself "How am I feeling?" | Write or design a book - and get it printed | Build a Lego castle. Clear off a table and make it a family project | Whip up some Ooblek - a non-Newtonian fluid that can act like a solid or a liquid in certain conditions | Make your own healthy frozen treats - try this recipe for rainbow popsicles | Try a Zumba class and get your heart rate up! |
| 26 August | 27 August | 28 August | 29 August | 30 August | 1 September | 2 September |
| Make a photo journal of your summer | Brush up on your coding skills before the school year begins | Solve a Rubik's cube | Sign up for a first aid course | Are you a budding filmmaker? Make a stop-motion film | --- | --- |