



# Get Up & Move!

Community Activity

Series 3: July

## Summer Time Activities

How are you spending your summer time? One way to find out is to keep an activity journal! For one week, keep track of all the activities you do and for how long. Keep track of all activities, including things like watching television, playing basketball, or riding your bicycle. At the end of the week, look at your activity journal and review how you spend your summer time. Is there anything you can replace with something more active? Is there any way to decrease the amount of time you spend doing sedentary activities?

Doing community service activities is a great way to use your summer time! Try some of the following activities for those in your family or neighborhood.

- Hold a pet wash! Ask your neighbors with cats or dogs if you can help them by giving their pet a bath. This is a great way to keep cool in the hot weather, too!



- Wash cars! Take a walk around your neighborhood with a bucket, soap, and sponges. Ask your neighbors if you can wash their cars for them!
- Water lawns! Another service you can provide to neighbors is to water their lawns or flowers. In the summer, many plants need to be watered daily because of the hot weather. See if you can help out a neighbor by providing this service.



## Find a Summer Program

What summer-time programs are available to you? You can get involved in your community by participating in summer programs and events. Check with your local park district, library, church, or school to find out about day camps and clubs. Contact your county Extension office to see if a Camp Clover is offered near you. You may be able to find a reading club, a sports team, a theater group, or another group that interests you! These programs are great ways to use your time this summer learning new things, making new friends, and having fun!