

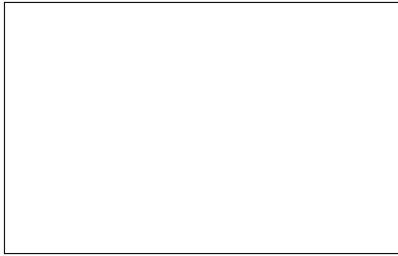
Welcome to your

INTENTIONAL
SUMMER



#INTENTIONALSUMMER2019

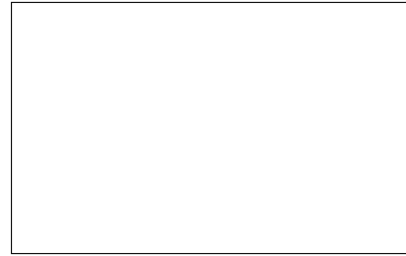
An intentional summer



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#INTENTIONALSUMMER2019

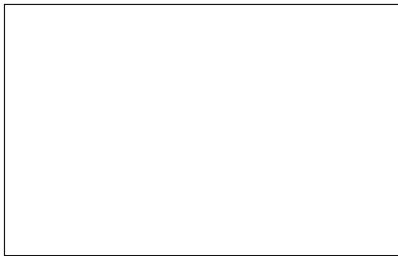
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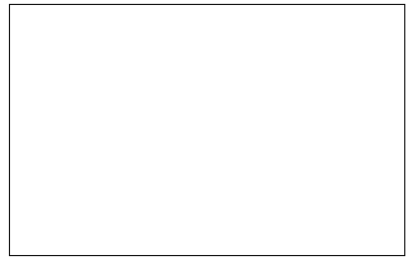
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ACTIVITIES

- Build a fort
- Go swimming
- Play a board game
- Make homemade popsicles
- Go to a splash pad
- Draw outside with chalk
- Build a house with legos or blocks
- Bake a new recipe
- Go to the beach
- Do a random act of kindness
- Have root-beer floats
- Go to the movies
- Color in coloring books
- Volunteer somewhere
- Drink smoothies together
- Go to the lake
- Go to a musical or play
- Camp in your backyard or living room
- Make homemade ice cream
- Make DIY recipes (bath salts, after sun spray, etc)
- Make a recipe for a neighbor
- Have a BBQ
- Go to the drive in
- Go out for ice cream
- Go on a road trip
- Go camping
- Create a fun iced drink
- Go to the fair
- Visit a museum
- Go seashell hunting
- Go for a bike ride
- Go to a baseball game
- Go outside and play with bubbles
- Create a summer playlist & have a dance party
- Write hand written notes and mail them to friends (add in DIY gifts if you choose)
- Visit a national park
- Read a new book
- Fly kites
- Play in the sprinklers
- Lay together under the stars

- Hike to a waterfall
- Go someplace you have never been before
- Have a water balloon fight
- Play lawn games
- Go bowling
- Make s'mores around a fire pit
- Go sea glass hunting
- Go on a hike
- Go to an amusement park
- Go rock hunting and then paint them
- Play cards
- Go to a concert
- Go to a farmers market
- Go to the zoo
- Go to a water park
- Start a new tradition
- Find a pen pal
- Make chocolate covered frozen bananas
- Sit down and play something your child is passionate about, uninterrupted
- Make homemade play dough
- Attend local community events
- Collect flowers and press them
- Have a picnic
- Go crystal hunting
- Visit a historical location or building
- Meet a new friend
- Start a nature collection
- Play in a creek
- Attend a kids book club or start one
- Visit a farm
- Go fruit picking
- Make a recipe with the fruit you picked
- Play on a slip n slide
- Take a class where you learn something new
- Eat watermelon
- Make dinner together (trying a new recipe). Eat it together on a blanket, on the floor
- Make homemade lemonade or iced tea and drink it together
- Have a scavenger hunt
- Read through an entire book series
- Build a sand castle
- Have a tea party

J U L Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

@BETHANYHADDEN

AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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REMEMBER

1. Put your phone and social media away during these moments with your family! Be present and intentional. These are the good old days sweet friend!
2. Use the hashtag #intentionalsummer2019 to share what you are doing, and connect with your tribe of kindred spirits!
3. Be creative. You get to choose what works best for your family and curate this simple + intentional season! You are welcome to use the same card multiple times, or use a new one (or multiple ones) each day!

If your family loves creeks, then YAY! Use that card all through summer!

4. Come join me on IG at @bethanyhadden

Also, join us in The Simple + Kindred Community, as we do this together, sharing: ideas, recipes, and connecting more deeply!

I would LOVE to connect with you sweet friend!

Have a beautiful summer!

Cheers,
Bethany

Bethany Hadden
Instagram: bethanyhadden