

Week 3

Ignite Your Joy Journal

Revisiting the Joy and Awe of Your Childhood Summer

Reflect on your childhood summers and the moments that brought you joy and awe. What were some activities, experiences or traditions that made summer feel magical to you? Take a moment to write them down and evoke those memories.

Explore the emotions and sensations associated with those childhood summer moments. How did they make you feel? Did they bring a sense of wonder, excitement, or freedom? Reflect on the essence of those experiences and what made them so special.

Summer Activities

Here's a list of things you can do to reconnect with the childlike awe and wonder of summer:

1. Have a picnic in a nearby park or your backyard.
2. Take a walk in nature and explore a local hiking trail, really notice the intricacies of the nature around you..
3. Organize a game night with friends or family, playing classic outdoor games like tag, hide-and-seek, or capture the flag.
4. Build sandcastles at the beach or create intricate sand sculptures.
5. Have a water balloon fight or run through sprinklers to cool off on a hot day.
6. Stargaze on a clear night and try to spot constellations.
7. Lay down on the grass and gaze at the clouds, looking for recognizable shapes.
8. Create a scavenger hunt in your neighborhood or local park.
9. Set up a tent in your backyard and have a backyard campout.
10. Visit a local farmers market and explore the vibrant colors and flavors of seasonal produce.
11. Take a bike ride around your neighborhood or a nearby bike path.
12. Fly a kite in an open field or at the beach.
13. Have a DIY arts and crafts day, making summer-themed creations like paper suns, flower crowns, or painted rocks.
14. Visit a local playground and embrace your inner child on the swings and slides.
15. Have a movie night under the stars, using a projector to watch your favorite films outside.
16. Organize a neighborhood block party or potluck barbecue.
17. Learn about wild edible plants and go foraging.
18. Visit a local library and indulge in summer reading with a pile of books.
19. Create a homemade lemonade stand and share refreshing drinks with neighbors or passersby.
20. Visit a local lake or river and go for a swim or dip your feet in the water.
21. Take a camera or your smartphone and go on a photo walk, capturing the beauty and small details of summer.
22. Go on a nature treasure hunt and search for unique rocks, driftwood, sea glass, or shells on the beach. And maybe make a craft out of them.
23. Find a quiet place in nature to savor the beauty of a sunrise or a sunset.
24. Create your own outdoor obstacle course using household items like hula hoops, cones, and jump ropes. Fun for kids of all ages.
25. Get a few hula hoops and hoop away! Once others see you doing it, they might want to join in, so have a few on hand.
26. Have a bonfire, sing songs around the fire and roast marshmallows.

Remember, reconnecting with childlike awe and wonder doesn't have to cost a thing. Embrace these simple activities to rediscover the magic of summer and create cherished memories that will warm your heart for years to come. Enjoy the wonder of the season!