

Name: _____

SUMMER PRACTICE

Challenges

- 1. Lay on the ground and find shapes in the clouds.
- 2. Help an adult make dinner and follow a recipe.
- 3. Make a new friend.
- 4. Do something new that you have been nervous to try.
- 5. Do something nice for a neighbor or someone younger than you.
- 6. Compromise with a friend.



Draw a time you had to calm down:

3 Goals I Have for Summer:

1. _____

2. _____

3. _____

Draw or write about a time you were SAD or DISAPPOINTED and how you acted: