



## FROM YOUR CFS **Wellness Specialist**



# Get the Most Out of Summer Vacation

## While nurturing Christian wellness in your family

As the weather warms, many students begin the countdown to summer vacation. While some are eager for sunshine, adventures, and slower days, others may feel anxious about the changes in routine. Wherever your family is emotionally and spiritually, summer offers an opportunity to be intentional, setting goals and nurturing Christian wellness in your family.

True wellness includes the body, mind, heart, and soul. For Christians, our motivation isn't just about health, happiness, and being productive. It's about loving and glorifying God with every part of who we are. As 1 Corinthians 10:31 reminds us, "Whatever you do, do it all for the glory of God." This includes how we rest, play, eat, relate, and grow together as families.

One great way to start is by using our downloadable [Summer Bucket List](#). It's filled with fun and faith-filled ideas to help structure your time, create meaningful memories, and beat summer boredom.

While free time is a gift, many children thrive when there's some consistency and rhythm. Establishing summer routines, like meal times, devotional moments, or regular outdoor play, can foster a child's sense of stability and reduce behavioral struggles. Routines bless everyone: children and adults alike!

Summer is also a perfect season to slow down and savor God's good gifts. Use this time to reconnect, not just with each other, but with the Lord. Whether it's praying together at breakfast, reading a psalm in the backyard, or reflecting on God's beauty while hiking a nature trail, small spiritual habits can help weave faith into everyday life.

Keep in mind that you're not aiming for perfection or for completing every item on the list. Every family is different, and each season of life brings its own joys and challenges. As you read through the list, pray that the Lord would highlight activities that will bless your family. Invite Him into your summer plans, and trust that He will guide your steps.

**Wishing you a summer filled with grace, joy, rest, and meaningful connection – with one another and with the Lord!**

Scan the QR code to  
view our  
[Summer Bucket List](#)

