

SUMMER

bucket list

 CHRISTIAN FAMILY
SOLUTIONS
Counseling Care & Services



Making family time **A PRIORITY**

Use the ideas on the following pages to enjoy days of fun, faith-filled activities.

These thoughtful suggestions are designed to help structure your days, reduce stress, and create meaningful memories together as a family.

We recommend printing the sheets and marking off the bucket list items you do!



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Faith & Devotions



Creativity & Imagination



Fun & Games



Acts of Kindness & Service



Outdoor Adventures & Nature



Food, Rest & Everyday Joy



Plant a garden and discuss how it reflects God's creation and care.



Volunteer as a family at local charities.



Try a new food at the local farmer's market.



Build a sandcastle with your whole family.



Join the library's summer reading program.



Create artwork or crafts inspired by biblical themes.



Memorize and recite Bible verses as a family challenge.



Play flashlight tag.



Cook a meal together.



Read different Bible translations of John 3:16. God loves you that much! Soak it in.



Host a neighborhood campfire in your driveway and make s'mores.



Read Psalm 139. Believe it.



Explore nature trails and discuss God's creation along the way.



Have a dance party in the living room.



Make a birdhouse.



Read Romans 8:35-39. Who shall separate you from the love of Christ?!



Visit elderly members of your church or community.



Go mini-golfing.



Start a family prayer journal to record prayer requests and answered prayers.



Visit a nearby nature center and learn about plants and animals.



Make necklaces with clay beads.



Spend an afternoon at a beach. Watch the waves and remember that even the wind and waves obey God.



Write letters of encouragement to missionaries or church leaders.

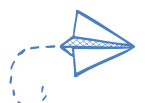


Check out nearby state parks.



Read Matthew 6:26-34 out loud. Look for birds and observe what they are doing.

More
ideas



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Draw with sidewalk chalk.



Set up a scavenger hunt for your kids and their friends, with fun prizes.



Pre-make frozen meals for friends who are expecting babies.



Go on a bike ride with the whole family.



Read John 14:27. Remember that the world can't give lasting peace—but you know the person who can.



Observe a tree blowing in the wind. Read John 3:8.



Play a recreational game of soccer at a park, and invite others to join.



Let the kids plan and cook dinner.



Make paper airplanes and see whose flies the furthest.



Build a pillow or blanket fort, and stay up late on a summer night.



Sketch out a family portrait on your driveway.



Go to a matinee or drive-in movie.



Help a neighbor in need.



Spend a lazy afternoon reading books.



Look at 1 Corinthians 12:27. Know that you are a part of the greatest body that exists.



Watch fireworks or attend a 4th of July parade.



Take 3 belly breaths and thank Jesus.



Try out a new smoothie recipe for a refreshing mid-day snack.



Search for geocaching in your area.



Have a puppet show.



Plan a family day trip to a historical church or Christian landmark.



Secretly mow a neighbor's lawn as an act of kindness.



Set a 30-second timer. Push start and smile until it goes off.

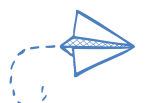


Take a nap! (Maybe in a hammock?)



Have fun playing in the rain.

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ideas



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Share stories
around a
campfire.



Pick fresh fruit
and make
homemade
jam.



Have a backyard
Bible study.



Go to the zoo.
Admire God's
creatures.



Text someone
you care about.



Watch a sunrise
and thank God
that His mercies
are new every
morning.



Visit the fire
station and take
them
homemade
cookies.



Turn off all your
electronics for one
whole day as a
family.



Go fishing and
cast all your
anxieties on the
Lord because He
cares for you.
(1 Peter 5:7)



Play wiffle ball
in the
backyard.



Learn how to
make simple
origami.



Play frisbee or
pickleball.



Fly a kite.
Thank God for
the gift of wind
and movement.



Complete an
exercise
challenge. Do it as
a family team or
make it a fun
competition.



Create a gratitude
jar and add notes
of thankfulness
throughout the
summer.



Have a game
night and learn
new card
games.



Plan a
celebration, big
or small, to give
thanks for all of
God's blessings.



Plan a road trip
somewhere you
haven't been.



Ride a roller
coaster!



Finger paint
outside. Create
something
messy and fun,
celebrating the
joy of creativity
God gave you.



Run through a
sprinkler.



Learn how to
crochet or knit.
Think about how
God knit you
together!



Practice random
acts of kindness
for people in
your community.



Play Capture
the Flag.



End the summer
with a family
retreat or camp
focusing on
spiritual growth
and reflection.

**"The heart of man plans his way, but the Lord establishes his steps".
Proverbs 16:9**