

## FAMILY FUN SUMMER ACTIVITIES

Heading into the summer months often means spending a lot more free time outdoors. While many of us might associate outside time with physical activities like biking, gardening, swimming, or playing sports, there are also many accessible and low-cost creative things to do outdoors!

- **Neighbourhood decorations** – It can be fun to beautify your community and spread kindness at the same time. Try drawing on the sidewalk with chalk or painting kind messages on rocks and placing them around your community.
- **Tie dye shirts** – Making tie dye shirts is a fun activity that can be done with the whole family. All you need is a tie dye kit (purchasable online or in most craft stores), a white or light-coloured shirt, some water, a little patience, and somewhere outside where you can get a bit messy.
- **Bug hotels** – This is a great opportunity to encourage a healthy ecosystem through an artsy activity. A simple bug hotel can be made using some rolled up cardboard with a bunch of natural materials inside such as sticks, leaves, woodchips, and more. Set the hotel in a sheltered location and come back in a week or two to see what creatures have moved in!
- **Flower print art** – Make a classy piece of art for anywhere in your home by collecting leaves, stems, flowers, and whatever acrylic paint you can find. Select paper or a canvas that you'd like to paint on and enjoy this relaxing process as you dip plant materials into the paint and then gently press them down on the paper to create different patterns, shapes, and images! Try painting on a black or dark blue or green background for a different look.

There are plenty of reasons we might need to take a breather this summer, whether it's because of the heat, a busy week, or just wanting to try something new! An outside art project is a great option in those moments, blending together all of the health benefits of relaxation, creativity, sunlight, and fresh air to make for an excellent summertime experience.

Jamie offers arts-based programs to youth aged 13-18 through Kaleidoscope Inclusive Youth Programming.

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Visit [www.fcss.ca](http://www.fcss.ca) for more information.

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