

create a
summer **of**
significance
in 2  **24**

AMYCarney.com



Our *Summer 2024* BUCKET LIST



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Our Family Summer Manifesto

CHILDHOOD IS SHORT. ☀️ SUMMER IS EVEN SHORTER.
18 SUMMERS IS ALL WE GET SO LET'S...

Grow ourselves

Savor simple moments

RELAX, RECHARGE, REST, RENEW

SLEEP IN

Make memories

get off screens and
get outside

adventure

GO TO OUR
FAMILY
PLAYGROUNDS

LAUGH MORE. PLAY MORE. READ MORE.

Hang out with friends

Organize and clean our spaces

GO TO BED LATER **PLAN FUN**

take time to journal

WORK HARD. MAKE MONEY. BUILD LIFE SKILLS.



Be spontaneous

SEND THE KIDS TO SLEEPAWAY SUMMER CAMP

GO SOMEWHERE NEW

serve others

Make mindful entertainment choices

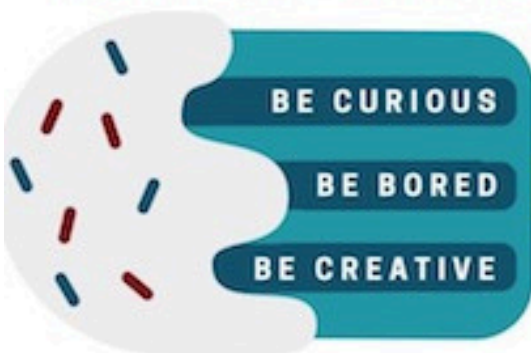
Strengthen our relationships, faith, bodies and minds

EAT MORE SWEET TREATS **prioritize people**

DISCONNECT FROM DEVICES AND
RECONNECT WITH ONE ANOTHER

SEND POSTCARDS

June 🌍 **July** 🌍 **August**



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Summer Family Fun Box Ideas !

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My Summer Family Fun Idea!



My Summer Family Fun Idea!



My Summer Family Fun Idea!



My Summer Family Fun Idea!




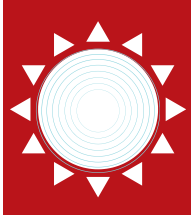
My Summer Family Fun Idea!



My Summer Family Fun Idea!



live *June* 2024 on purpose

SUN	MON	TUES	WED	THU	FRI	SAT
						01 1st Things First!
02 #SundaySupper	03	04	05	06	07 National Donut Day	08 #BestFriendsDay
09 Screen-free Sunday	10	11	12	13	14	15
16 Father's Day	17	18 Tech-free Tuesday	19	20 Summer Begins	21	22
23 30	24	25	26	27	28	29

This month I WILL:

Write a thank you note to: _____

Teach my child this life skill: _____

Play more here: _____

Spend time with: _____

Make the effort to: _____

Celebrate: _____

Lead 

Love 

Launch 

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SUMMER Bingo!

HOW MANY OF THESE ACTIVITIES CAN YOU DO?

Plan a fun themed family dinner	Go out to eat to a new local restaurant	Find a new recipe and make it	Go out for ice cream
Plant something and keep it alive	Create a work of art for your home	Watch an educational show together	Take a day trip somewhere new
Play a new game together	Donate outgrown clothing and toys	Send postcards from your hometown	Have a screen-free day
Read a book you already own	Buy produce from a local farmer	Start a family summer or gratitude journal	Watch a sunset or sunrise together
Help someone in need	Go to a Little Free Library in your area	Put together a puzzle	Shop at a local small business



all about **DAD**

My Dad is _____ years old.

My favorite thing to do with my Dad is _____.

My Dad always says _____.

Dad is really great at _____.

My Dad's favorite food is _____.

My Dad likes to _____ with me.

Dad is funny when he _____.

My Dad's job is _____.

When he's not working, my Dad likes to _____.


My Dad's favorite place to go is _____.

He cooks the best _____.

My Dad is scared of _____.

I love my Dad because _____.

Love, _____ Age _____





20

summertime

family 

conversation

starters.

AMYCarney.com

let's **Communicate** on purpose

Take the time to purposely strengthen your family relationships by creating space for honest communication with your loved ones during this season.

Use these Summertime Conversation Starters...

Around Your Family Table

- Print and cut out the 20 conversation starter cards.
- Place them in a bowl or jar and take turns passing them around the table allowing each family member to answer the question they draw out.
- OR pull one question out each night and have everyone go around and answer it!

You could even video your conversations or write down everyone's answers in a keepsake journal to remember this time in your lives.

Remember to make these conversation cards work for your family!

In a Dialogue Journal with Your Child

- Use these questions in a handwritten Dialogue Journal with your child to work on their penmanship & communication skills while creating a special keepsake at the same time.

Get more details on the Dialogue Journal here:

<https://bit.ly/startadialoguejournal>

Lead



Love



Launch



What is a fun screen-free activity you want to do this summer?

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What makes you happy that you don't have to do during the summer?

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What's something you want to do as a family this summer?

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Where is your favorite spot to hang out in our house?

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What is something we could do to have fun in our community?

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What is your favorite flavor of ice cream?

www.parentonpurpose.com



What teacher from this past school year will you miss the most?

www.parentonpurpose.com



If you could vacation anywhere this summer, where would you want to go?

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What is your favorite board or card game?

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What are you most grateful for?

www.parentonpurpose.com



What is your favorite thing about summer?

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Would you rather travel by plane, car, boat or train?

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Where is somewhere you would like to take a road trip to?

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What is something new you want to create or learn this summer?

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What has been the best vacation you have ever taken?

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Would you rather swim in a pool, lake or ocean?

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What is your favorite thing to do outside during the summer?

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What was the hardest part about this past school year?

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Would you rather watch a sunrise or a sunset?

www.parentonpurpose.com



What are you looking forward to the most this summer?

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live July 2024 on purpose

SUN	MON	TUES	WED	THU	FRI	SAT
26 weeks left in 2024	01	02	03	04	05	06
	1st Things First!			Independence Day		
07	08	09	10	11	12	13
Screen-free Sunday						
14	15	16	17	18	19	20
#SundaySupper						
21	22	23	24	25	26	27
Ice Cream Day		Tech-free Tuesday				
28	29	30	31			
#National ParentsDay						

This month I WILL:

Write a thank you note to: _____

Teach my child this life skill: _____

Play more here: _____

Spend time with: _____

Make the effort to: _____

Celebrate: _____

Lead 

Love 

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FAMILY MEETING PLANNING SHEET

DECIDE ON THE DATE

DATE: When will you meet? What night works best for your family? Schedule it now!

DECIDE ON THE PURPOSE OF MEETING TOGETHER

PURPOSE: to build connection and communication strengthening the overall family unit. A purposeful family meeting shows your children that the health and happiness of your family matters.

- Do you want to payout allowance or issue other rewards at your family meetings?
- Do you want older kids to bring calendars to coordinate schedules?
- What do you want to accomplish at your family meeting?

ASK YOURSELF

What is your present reality?

What is not working in your family right now? What is working in your family?

How are sibling relationships?

Is there a gap between what you say you want for your family and how you are actually living?

How can you work to close that gap this month?

DISCUSS

- ways to be more loving in your home, at school, in the community and in the world.
- loving boundaries or family rules that need strengthening.
- any upcoming celebrations for loved ones this month?
- what value or life skill needs strengthening
- _____
- _____
- _____



let's **Meet Together** on purpose 

DATE:

PURPOSE:

PRIORITIES:

DISCUSS:

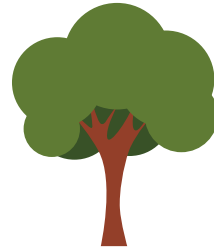
Are You BORED?

Have You Tried....

Being Creative?



Outdoor Play?



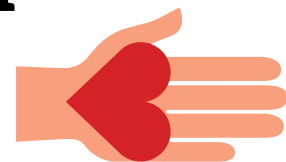
Reading a Book?



Exercising Your Body?



Doing Something Helpful?



live August 2024 on purpose

SUN	MON	TUES	WED	THU	FRI	SAT
				01 1st Things First!	02	03
04 #AmericanFamily Day	05	06	07	08	09 Book Lovers Day	10
11 #SundaySupper	12	13 Tech-free Tuesday	14	15	16	17
18 Screen-free Sunday	19	20	21	22	23	24
25	26	27	28	29	30	31

This month I WILL:

Write a thank you note to: _____

Teach my child this life skill: _____

Play more here: _____

Spend time with: _____

Make the effort to: _____

Celebrate: _____

Lead



Love



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Toddler (ages 2-5)

SUMMER SKILLS LIST

Carry in the newspaper or mail.

Wash tables and counters with cloth.

Pick up toys and clothes.

Help set the table - napkins, silverware.

Clean up after themselves after meals.

Help put groceries away.

Seal and stamp envelopes.

Assist in picking out their own clothes.

Put own clothes away.



Child (ages 6-12)

SUMMER SKILLS LIST

MORNING

Wake up using an alarm clock.

Make own bed.

Pack own sports or camp bags.

Sort white clothes from dark clothes.

LAUNDRY

Help change bedsheets and wash dirty sheets.

Fold simple laundry items and put them away.

Match socks.

Help fold family towels and washcloths.

CLEANING

Help with vacuuming, sweeping, and dusting.

Clean bathroom sinks, toilets, & tubs with wipes.

Empty trash cans around the house.

Push trash and recycling cans to curb.



Child (ages 6-12)

SUMMER SKILLS LIST

IN THE KITCHEN

Wash dishes, load, and unload dishwasher.

Put groceries away.

Prepare simple breakfast/lunch and clean up.

Prepare simple dinners for the family.

Wash family car.

MISCELLANEOUS

Change batteries and lightbulbs.

Walk, bathe and groom pets.

Organize closet and drawers monthly.

Know how to stamp, address, and mail a letter.

Know how to load a stapler.



Tween (ages 13-15)

SUMMER SKILLS LIST

- Iron clothes.**

- Yard work. (Mow lawn, spread mulch)**

- Help with tasks in parents' businesses.**

- Start their own side business.**

- Prepare family meals one day a week.**

- Babysit siblings.**

- Fill out any paperwork for school, sports,**

- and medical to best of their ability.**

- Put air in a bike tire.**

-
-
-
-
-



Teen (ages 16-18)

SUMMER SKILLS LIST

AUTO KNOW-HOW

Know how to pump and pay for gas.

Change a flat tire.

Run errands for the family.

Know what to do in case of an accident.

MONEY

Handle their own checking account.

Know how to pay bills online and by check.

Know how to appropriately tip waitstaff.

Make their own appointments (doctor, hair, etc.)



Our *SUMMER* LIFE SKILLS LIST



Our Kitchen

SUMMER

LIFE SKILLS LIST

Can your child.....

Wash tables and counters with cloth/cleaner

Help set the table

Clean up after themselves after meals

Help put groceries away

Wash dishes, load, and unload dishwasher

Prepare a simple breakfast/lunch

Prepare simple dinners for the family

Read a recipe and know how to double it

Measure and pour wet & dry ingredients

Use all major kitchen appliances

Use specialized hand tools, like a can opener

Use knives to chop, dice & mince

Teach Kids How to Properly Set the Table!

