Celebrate National Seashell Day. Learn about local shells from the Pacific Northwest Shell Club: www.PNWSC.org

In honor of World Rainforest Day, consider planting a garden for native plants & wildlife--visit www.wnps.org for ideas.

For National Hydration Day, add slices of fruit or infuse it into your water. Try lemon, lime, orange, berries, pineapple, melon or herbs.

Today is Swim a Lap Day: Swimming is a great way to get low-impact exercise. If you don’t have access to a pool, jog around the block!

Grab your coat and a leash for Take Your Dog to Work Day. Pet companionship is beneficial to mental health.

June is **Pet Preparedness Month**. Visit [www.ready.gov](http://www.ready.gov) to make a plan for your pet(s) in case of disaster.

**June 27**

Happy National Camera Day! Share your favorite photos of Snohomish County on social media with the tag #cameraday.

**June 28**

Go for a “**Rainbow Walk**” around your neighborhood and find something in each color of the rainbow.

**June 29**

Today is **Canada Day**. Did you know the U.S. and Canada share the longest undefended border in the world? Take a few minutes to learn more about our northern neighbors.

**June 30**

Participate in your local library’s **summer reading program**. Visit [www.sno-isle.org](http://www.sno-isle.org) or [www.epls.org](http://www.epls.org) for information.

**July 1**

Reduce your carbon footprint this **Plastic-bag Free Day** by making and taking your own cloth tote when shopping.

**July 2**

It’s important to protect your eyes from UV damage. In honor of **National Sunglasses Day**, take a selfie in your favorite shades and tag it #sunglassesday.
Decorate your driveway or sidewalk with sidewalk chalk. Doodle pictures or draw hopscotch squares and hop the day away.

Fold paper airplanes or learn simple origami. For a paper airplane template, visit www.snohd.org/activities.

Get out of the house and take a walk. Enjoy fresh air outside and get your heart pumping.

Enjoy the health benefits of almonds along with a chocolate treat for Chocolate with Almonds Day. For more benefit, eat dark chocolate instead of milk chocolate!

Decide if you want to be relaxed or energized and make a music playlist. Get some tunes going and choose a summer anthem.

Celebrate Teddy Bears Picnic Day by having an outdoor picnic with your favorite stuffed animals.
Pretend you’re a secret agent and make up a secret handshake. Add on to the handshake as desired.

It’s not too late to start a garden! Visit www.nrpa.org and search “gardening”.

Go for a hike—it can be a slow stroll through the forest or steep climb uphill. You decide!

Today is National Give Something Away Day. Do you have clothes that no longer fit, or working appliances you don’t use?

Visit a local park. Find a list of parks and amenities at www.snohomishcountywa.gov/1074/Parks-Facilities.

Buy ingredients for a healthy meal at a local farmer’s market. For local market information, visit www.snohd.org/202/Farmers-Markets.
Stretch your legs and go for a walk. Use a free walking app on your smartphone to measure how far you walk.

Happy National Moon Day! Today commemorates the day humans first walked on the moon: July 20, 1969.

Choose your condiments and celebrate National Hot Dog Day. Make sure they’re fully cooked first! For more food safety tips, visit www.snohd.org/food

For Hammock Day, enjoy a peaceful nap in a hammock...or on the couch. It’s almost Friday!

Enjoy a mid-summer BBQ with family. For recipe ideas, visit nutrition.gov and click “Recipes”.

Break out some water balloons and cool off outside in honor of National Water Fight Day.
Jumping rope is a fun way to get moving. Practice jumping to the rhythm of your favorite songs.

Blow bubbles outside. Adding glycerin can help make bubbles bigger—look online for formulas.

Play a card game—Go Fish, anyone?—or try to build a house of cards.

Go to a local baseball game. The Everett Aquasox are a local minor-league team affiliated with the Seattle Mariners.

Happy International Day of Friendship! Call or e-mail a friend who you haven’t spoken with in a while.

Treat your pooch on this Mutt’s Day, then donate to your favorite pet charity or local animal shelter.
Get your crayons or markers out for National Coloring Book Day. Download a wide variety of coloring pages and printable activities at www.snohd.org/activities.

Did you know watermelons can be considered both a fruit and a vegetable? On this Watermelon Day, choose your favorite variety and enjoy a slice or two. Compost the rind when you’re done!

Ban the burn! Don’t forget to put on sunscreen when spending time outdoors. Visit www.skincancer.org for information about protecting your skin.

Take a field trip to a museum. For local options, check out www.snohomishcountywa.gov/museums.

Happy Friday Fresh Breath Day. Make sure to brush and floss your teeth twice a day to help keep bad breath at bay!

Finish up your weekend by celebrating Play Outside Day. Visit a playground and enjoy the sun, or relax in your own backyard.

Kick off Exercise with your Child Week by choosing an activity for you to do together. Visit www.healthychildren.org, select “Healthy Living” and click “Fitness”.

www.snohd.org/activities
Avid readers, unplug and pick up a paperback or hardback book for Book Lovers Day. Read the afternoon away!

It’s a summer staple: National S’mores Day. In addition to the classic recipe, search online for more unique flavor combinations to try.

According to the American Meteor Society, tonight will be the peak night of the Perseid Meteor Shower. You may see 50-75 meteors per hour!

Fill your water bottle, make sure your bike wheels are inflated and go for a bike ride. Find trails near you at www.traillink.com.

Go pick berries or other fruit at a local U-pick farm. Find one near you at www.pickyourown.org/WA.htm.

Make delicious smoothies using the berries you picked yesterday. Smoothies can be easy, tasty and nutritious. Look online for recipes.
Knock knock... who’s there? It’s National Tell a Joke Day! Tell an old favorite or make up a new joke of your own.

Today marks National Nonprofit Day. Nonprofit organizations have a positive impact on our communities. What local nonprofits do you support?

Roses are red / violets are blue / Happy Bad Poetry Day / This doesn’t rhyme.

Observe the eleventh annual World Humanitarian Day, a tribute to international aid workers who risk their lives in humanitarian service.

Windy days are great to fly a kite! Popular locations include Marina Beach Park in Edmonds and Mukilteo Lighthouse Beach Park.

International Geocaching Day is a great opportunity to learn more about this fun activity. Visit www.geocaching.com/help and click on “Geocaching Basics”.

Celebrate Best Friends Day by meeting up with your bestie for coffee and a chat.
Go for a **Penny Hike**: At each corner, flip a penny. If it lands on Heads, turn right. If it lands on Tails, turn left. Make sure you’re familiar with your surroundings!

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**Bored? Play a board game**, or make up your own.

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Have a picnic! Visit [www.snohd.org/activities](http://www.snohd.org/activities) for a picnic checklist and printable activity sheets.

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**Happy National Park Service Day!** Today marks the agency’s 105th birthday, having been established in 1916 by Woodrow Wilson.

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Take a cool break on a hot day by making **homemade popsicles** or other frozen treats. Find suggestions and recipes at [food.unl.edu/popsicles-not-kids-only](http://food.unl.edu/popsicles-not-kids-only)

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As **National Immunization Awareness month** wraps up, make sure your family is up-to-date with vaccines. Access records online at [wa.myir.net](http://wa.myir.net).

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Go for a swim or **wade** in a local wading pool, whether at a local beach or in the backyard.
Stay hydrated! Make a habit of drinking water throughout the day to minimize illness and help your body perform at its best.

Start your week off right by visiting a local beach. You can find a list of parks near open water at www.snohomishcountywa.gov/1107/Wading-Beaches

Celebrate National Trail Mix Day. Also known as GORP (Good Old Raisins and Peanuts) trail mix is a quick energy staple for active outdoor-goers.

WHAT WILL YOU DO TODAY?