

Snooco Summer

ACTIVITY
GUIDE



Today is **Father's Day**, as well as **Summer Solstice**. Summer officially begins at 8:31 p.m. tonight!

June 20

SUNDAY



Celebrate **National Seashell Day**.

Learn about local shells from the Pacific Northwest Shell Club: www.PNWSC.org

June 21

MONDAY



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

June 22

TUESDAY



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

June 23

WEDNESDAY



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!

June 24

THURSDAY



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

June 25

FRIDAY



Participate in the **Great American Backyard Campout** (www.nwf.org). Download some "Happy Camping" activities from www.snohd.org/activities.

June 26

SATURDAY



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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



June 27
SUNDAY

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



June 28
MONDAY

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



June 29
TUESDAY

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



June 30
WEDNESDAY

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.



July 1
THURSDAY

Participate in your local library's **summer reading program**. Visit www.sno-isle.org or www.epls.org for information.



July 2
FRIDAY

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



July 3
SATURDAY

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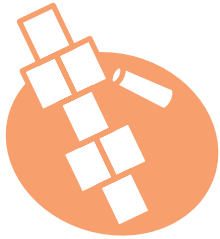
Happy **Independence Day!** Share a meal with your family and watch fireworks to celebrate!

July **4**
SUNDAY



Decorate your driveway or sidewalk with **sidewalk chalk**. Doodle pictures or draw hopscotch squares and hop the day away.

July **5**
MONDAY



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

July **6**
TUESDAY



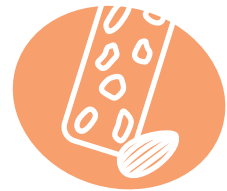
Get out of the house and **take a walk**. Enjoy fresh air outside and get your heart pumping.

July **7**
WEDNESDAY



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!

July **8**
THURSDAY



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

July **9**
FRIDAY



Celebrate **Teddy Bears Picnic Day** by having an outdoor picnic with your favorite stuffed animals.

July **10**
SATURDAY



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WWW.SNOHD.ORG



Snohomish County

Celebrate **World Mini-Golf Day** by practicing your putt at a local mini-golf course.

July **11**

SUNDAY



Pretend you're a secret agent and **make up a secret handshake**. Add on to the handshake as desired.

July **12**

MONDAY



It's not too late to **start a garden!** Visit www.nrpa.org and search "gardening".

July **13**

TUESDAY



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

July **14**

WEDNESDAY



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

July **15**

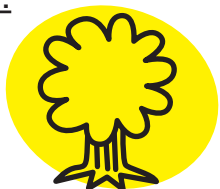
THURSDAY



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

July **16**

FRIDAY



Buy ingredients for a healthy meal at a **local farmer's market**. For local market information, visit www.snohd.org/202/Farmers-Markets.

July **17**

SATURDAY



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Snohomish County

Practice listening to natural sounds outside on **World Listening Day**. Do you hear leaves rustling, rain, running water of rivers or the sea? What can you hear?



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**.



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Make your own **homemade pizza**: Start with a premade crust (or make one from scratch) and experiment with different toppings of your choice.



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.




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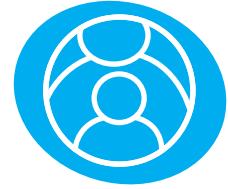


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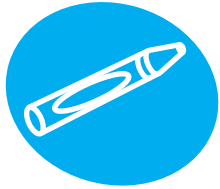
Snohomish County

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”.



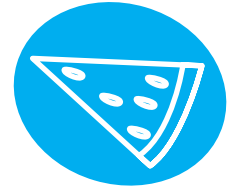
Aug **1**
SUNDAY

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.



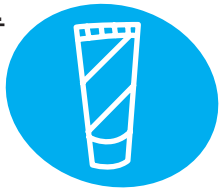
Aug **2**
MONDAY

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!



Aug **3**
TUESDAY

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



Aug **4**
WEDNESDAY

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



Aug **5**
THURSDAY

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



Aug **6**
FRIDAY

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



Aug **7**
SATURDAY

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Bake cookies and use them to make ice cream sandwiches. Put ice cream between the cooled cookies and leave in the freezer for a few minutes to set. Yum!



Aug **8**
SUNDAY

Avid readers, unplug and pick up a paperback or hardback book for **Book Lovers Day**. Read the afternoon away!



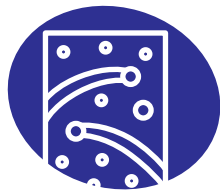
Aug **9**
MONDAY

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



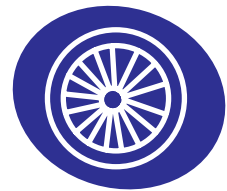
Aug **10**
TUESDAY

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!



Aug **11**
WEDNESDAY

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



Aug **12**
THURSDAY

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



Aug **13**
FRIDAY

Make delicious smoothies using the berries you picked yesterday. Smoothies can be easy, tasty and nutritious. Look online for recipes.



Aug **14**
SATURDAY

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Celebrate **Best Friends Day** by meeting up with your bestie for coffee and a chat.

Aug **15**

SUNDAY



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.

Aug **16**

MONDAY



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

Aug **17**

TUESDAY



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

Aug **18**

WEDNESDAY



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

Aug **19**

THURSDAY



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

Aug **20**

FRIDAY



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

Aug **21**

SATURDAY



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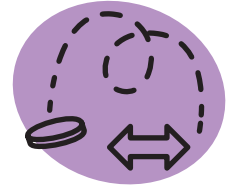
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Go for a **Penny Hike**: At each corner, flip a penny. If it lands on Heads, turn right. If it lands on Tails, turn left. Make sure you're familiar with your surroundings!

Aug **22**

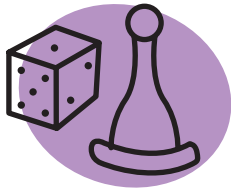
SUNDAY



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

Aug **23**

MONDAY



Have a picnic! Visit www.snohd.org/activities for a picnic checklist and printable activity sheets.

Aug **24**

TUESDAY



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

Aug **25**

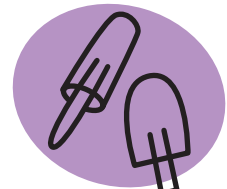
WEDNESDAY



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

Aug **26**

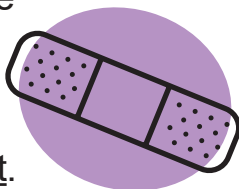
THURSDAY



As **National Immunization Awareness month** wraps up, make sure your family is up-to-date with vaccines. Access records online at wa.myir.net.

Aug **27**

FRIDAY



Go for a swim or wade in a local wading pool, whether at a local beach or in the backyard.

Aug **28**

SATURDAY



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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

Aug **29**

SUNDAY



Stay hydrated!
Make a habit of drinking water throughout the day to minimize illness and help your body perform at its best.

Aug **30**

MONDAY



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.

Aug **31**

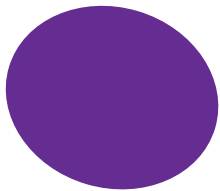
TUESDAY



WHAT WILL YOU DO TODAY?

Sept **1**

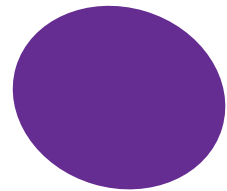
WEDNESDAY



WHAT WILL YOU DO TODAY?

Sept **2**

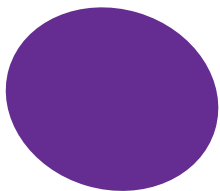
THURSDAY



WHAT WILL YOU DO TODAY?

Sept **3**

FRIDAY



WHAT WILL YOU DO TODAY?

Sept **4**

SATURDAY

