

Screen-Free Activities

- Clean up litter at the park/beach
- Have a lemonade stand
- Go on a hike
- Have a color scavenger hunt
- Make sand/glitter slime
- Play “glow in the dark” ring toss

.....
This Passport belongs to

.....
If found please call

Brain Balance of Greater San Diego
www.BrainBalanceSanDiego.com



SUMMER passport 2024

 **Brain Balance®**



Get Moving!

Movement fosters healthy brain development!

- Have a race at the park
- Do a cannon ball into the pool/lake
- Have a dance party
- Create an obstacle course
- Run & play in a sprinkler
- Have a hula hoop contest

Escape with a book!

If possible read paper books, not digital books.

- with a flashlight under the covers
- on a blanket under a beautiful tree
- that takes place in a different country
- about a historical figure
- by Roald Dahl
- about an animal



You are what you eat!

Look on the portal for 360 approved recipes!

- Ice cream
- Go on a picnic
- Make a meal as a family
- Try a new veggie
- Try a new fruit
- Make a smoothie or lemonade



Get Creative

"To practice any art is a way to make your soul grow." -Kurt Vonnegut

- Make & mail a card to someone special
- Draw on the sidewalk with chalk
- Make some origami
- Draw a picture of your favorite place
- Write about your dream vacation
- Write your own song or poem