



SUMMER BUCKET LIST

20 fun things to do with your kids this Summer that aid mindfulness, regulate mental health & nurture relationships.



Farrington's Farm Summer Time Festival
- 13th / 14th July



Plant a mini garden and nurture it together



Wildlife Explorer Backpacks
at RSPB Ham Wall - All Summer



Choosing their passion, have them
teach you all about it



The Happy Parent Club - Music with
Mummy collaboration - 1st Aug



Journey through photos from when they were
a baby to now, sharing memories



Buy a copy of **Little Legs Somerset**
by Rachel Mead



Invent & create something together



Go to an outdoor family theatre - 8th Aug
Peter Pan Somerset Rural Life Museum



Capture the clouds, naming them as well
known things



Visit Children's Scrapstore
7 Dyehouse Lane, Glastonbury - YeastScrapstore
Frome - The Pod



Save the toast breadcrumbs & feed the birds
every morning



Mid Somerset Show - **Sunday 18th August**



Play dress ups and role play together



Interview each other asking regular and
silly questions



Pick your own fruit at **Thurloxton Farm**
- **Throughout the Summer**



Choose to do something kind for someone together,
eg a friend, family member or neighbour



Draw a tattoo using biro on each others skin



Go on an explorative walk in nature,
collecting a rainbow of colours and
interesting things on the way



Paint each others faces

