



**BlueCross BlueShield
of Illinois**

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26.2 Krazy Kool Things to do This Summer!

- 1. Start your morning with a dance party to your favorite song! You'll be dancing all day!
- 2. Walk through the Caribbean Reef or Amazon @ Shedd Aquarium. Free on Community Discount Days.
- 3. Windy? Fly a kite at a local park! Watch out for power lines.
- 4. Visit the Children's Museum: *Free* first Sundays of the month and every Thurs 5-8pm.
- 5. Now that you've completed your Marathon, challenge *2 friends* to run *2 times* a week with you!
- 6. Visit your local library and learn about their FREE reading programs.
- 7. Curl up on a blanket and catch a movie in your local park, put on by the Chicago Park District.
- 8. Grab your friends and help the planet by picking up trash in your neighborhood. Don't forget gloves!
- 9. Take your dog for a walk every day! Don't have one? Borrow your neighbor's dog!
- 10. Ride your bike on the bike trail that runs along Lake Shore Drive.
- 11. Play hopscotch with your friends. Not sure how? Ask Mom or Dad, they know everything!
- 12. Walk the Loop at Millennium Park. Make funny faces at yourself under the "Bean."
- 13. Take me out to the ballgame! Check out your teams schedule for kids activities @ the ballpark.
- 14. Visit your local Farmers Market and select 3 new veggies or fruits to try.
- 15. Map out a safe route to walk or bike to school with your parents. Invite your friends.
- 16. Climb the Treetop Canopy & pet an animal @ Lincoln Park Zoo's.
- 17. Play a basketball game with your friends: Around the World, HORSE, or Knockout are classics!
- 18. Cool off by taking a swim at your local community pool. How many laps can you swim in a row?
- 19. Take a free kids workshop @ Home Depot. First Sat of each month.
- 20. Join Kidical Mass in their free monthly bike ride! 2nd Sat every month @ Palmer Sq: 3064 W. Palmer Blvd.
- 21. GULP, GULP! Stay hydrated this summer! Drink 4 or more glasses of water per day.
- 22. Find the Big Dipper in the sky w/ free admission to Adler Planetarium.
- 23. Dance with the Wiggleworms! Lots of fun activities @ Millennium Park's Family Fun Festival.
- 24. Fire up your senses: *Sensing Chicago* @ Chicago History Museum. Free passes from Chicago Public Libraries.
- 25. Watch the Fourth of July fireworks at Navy Pier. Pack a healthy picnic with at least one veggie!
- 26. Make a yummy summer treat by freezing your favorite juice in a paper cup with a popsicle stick!
- .2 Make an obstacle course in your yard, or a fort in your room. Be creative & use things around the house!

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Parents and Teachers: Join our e-mail list and Facebook!

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