



BlueCross BlueShield
of Texas

26.2 Krazy Kool Things to do This Summer!

- Start your morning with a dance party to your favorite song! You'll be dancing all day!
- Bug Out! @ Bugs! A Rainforest Adventure. Museum of Nature and Science @ Fair Park.
- Find a bike trail near your home and go for a ride. Try Katy Trail. Helmets always!
- Hot out today? Turn on your sprinkler, put on your swimsuit and run through it!
- Can you find the Big Dipper? Ask someone to point it out for you. Do you see any other constellations?
- Windy outside? Put on a hat & fly a kite at a nearby park. Watch for power lines.
- Grab a blanket and head to the park with family & friends. Pack a healthy picnic!
- July 21st is Dollar Day at the Dallas Zoo! It's a roaring fun time!
- Play hopscotch or foursquare with your friends. Not sure how? Ask Mom or Dad, they know everything!
- Check with your local Parks and Recreation Dept for a list of their FREE summer activities!
- Plant a garden in your yard, or in a window box. Ask adults for help & don't forget to water.
- Play a basketball game with your friends: Around the World, HORSE, or Knockout are classics!
- Take a walking tour of Dealey Plaza Park. See the JFK memorial and walk over to the reflecting pools.
- Now that you've completed your Marathon, challenge *2 friends* to run *2 times* a week with you!
- Take a walk through the Great Trinity Forest and hike to the Trinity Overlook at Trinity River Greenbelt Park.
- Spend your day with Dad on June 21st: Father's Day. Ride your bikes, go fishing or play catch.
- Make your own trail mix using whole grain cereal, dried fruit and nuts.
- GULP, GULP! Stay hydrated this summer! Drink 4 or more glasses of water per day.
- Ask Mom or Dad to make your dinner from a budget recipe @ www.wholefoodsmarket.com
- Cool off by taking a swim at your local community pool. How many laps can you swim in a row?
- Visit your local Farmers Market and select 3 new veggies or fruits to try.
- Find your nearest local track and keep up with your miles. You can run another marathon this summer!
- Be green: grab your neighbors and help clean up trash and litter in your neighborhood!
- Watch the fireworks boom! Celebrate the 4th of July at Fair Park. Free after 4pm.
- Take me out to the ballgame! Rangers tickets are half price on Wednesday home games.
- Make a yummy summer treat by freezing your favorite juice in a paper cup with a Popsicle stick!
- Try out a new sport, or just practice at an old one: soccer, baseball, disc golf, volleyball, basketball.



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

www.MarathonKids.org

www.facebook.com/MarathonKids