

SAMPLE

How to Plan Your Summer Around Your Fundamentals

Use your fundamentals list to decide:
What will we do, create and experience
as a family this summer?

Fundamental: Connection

Do/Create/Experience:

Nightly family walks

Screen-free Sundays

Family game nights

Special weekend brunch together

Day trips to drive-able outdoor places

Pool games

Baking and cooking together (playing Chopped)

Bike rides

*Sunday Sabbath (no plans, projects, chores,
tasks)*