

August Inspiration



#IAMKIDICTED



PLAY

a new activity

Water Relay
Move water from a full bucket to an empty bucket using sponges, cups, spoons or water bottles. Time yourself or race a friend.

Sprinkler Sprints
How fast can you run to avoid getting wet? How high can you jump?

Rainy Day Hideout
Using sheets, blankets, pillows, chairs, cardboard boxes, etc. make a maze or fort to hide out and chill out of the sun!



CREATE

my masterpiece

Master Recycler
What can you make with an egg carton? A plastic cup? A juice container?

Mini Art Book
Cut and fold several sheets of paper. Glue, tape or staple the sheets together to form a book. Draw or paint mini art creations.

Pasta Jewellery
Paint or colour pieces of macaroni, penne or other pasta shapes. When dry, thread together necklaces or bracelets using ribbon or string. Glue on accents.



IMAGINE

my dream come true

My Awesome Summer
Make a poster with the exciting things you have done this summer so far. Make sure you leave room for more to come!

Imaginary Friend
Imagine a new friend. How old are they? Where do they live? What are their favourite activities? Give them a name and an new ID.

Dance Champ
Make up a new signature dance move. Name it and share it with your friends.



DISCOVER

the world around you

Sink or Float
In a bucket, test items to see if they sink or float. Make a guess and then drop them in the water.

Ice Cube Boat Races
Race an ice cube across a bucket by blowing. Add food colouring, a figure or flag before freezing to make it yours.

Oobleck
Start with a small bowl of water. Slowly mix in cornstarch until you can play with it.



CONNECT

with others

Bike Wash
Set up a bike wash and get the gang together with buckets of soapy water and sponges to make your rides sparkle.

Thankful Garden
Cut petals out of paper. Write things you are thankful for. Tape petals to a paper circle and attach to a popsicle stick.

Summer Pen Pal
Write a letter to a school friend you haven't seen since June. Mail it and see if they write back!

Get Kidicted!

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