

**Information gathered by Utah Family Voices
and Utah Parent Center**

SUMMER THINGS TO DO LIST

Adapted Sports – Contact your local Recreation program to see what adapted sports they have to offer through the year.

American West Heritage Center - 6 miles south of Logan off Hwy 89-91 in Wellsville 435-245-6050 www.awhc.org Open 10am to 5pm \$6 adults \$4 kids living farm Check website for events
Story time Wednesday's 10:30 AM Free

Barnes and Noble book store –
Call your local store to see when free story times and crafts are.

Barnes & Noble Booksellers

Gateway

Gateway
6 North Rio Grande Street
Salt Lake City, UT 84101
801-456-0100 Sun 11-8,
Mon-Thur 9-10,
Fri-Sat 9-11 2.8 miles

Barnes & Noble Booksellers

Sugarhouse

McIntyre Center
1104 East 2100 South
Salt Lake City, UT 84106
801-463-2610 Sun-Thur 9-10,
Fri & Sat 9-11 7.06 miles

Barnes & Noble Booksellers

The Pointe at 5300

The Pointe at 53rd
5249 South State Street
Murray, UT 84107
801-261-4040 Sun 11-7,
Mon-Sat 9-10 8.61 miles

Barnes & Noble Booksellers

Bountiful

340 South 500 West
West Bountiful, UT 84087
801-299-8255 Sun 11-6,
Mon-Sat 9-10 9.64 miles

Barnes & Noble Booksellers

Ft. Union

7119 South 1300 East St
Midvale, UT 84047
801-565-0086

Barnes & Noble Booksellers

West Jordan

Jordan Landing
7157 Plaza Center Drive
West Jordan, UT 84084
801-282-1324 Sun 12-7,
Mon-Thu 9-10,

Fri & Sat 9-11 13.34 miles

Barnes & Noble Booksellers

Sandy

10180 S. State Street
Sandy, UT 84070

801-233-0203 Sun 9-9,

Mon-Sat 9-10 23.2 miles

Barnes & Noble Booksellers

Layton

Layton Market Center

1780 North Woodland Park Drive

Layton, UT 84041

801-773-9973 Sun 9-9,

Mon-Sat 9-10 35.17 miles

Barnes & Noble Booksellers

University Crossings Plaza

University Crossings Plaza

330 East 1300 South

Orem, UT 84058

801-229-1611 Sun 12-7,

Mon-Sat 9-10

The Beehive House (SLC)

Brigham Young's home 67 E. South Temple 240

Open M-Sat 9:30am to 4:30 pm FREE

Tours every 10-15 minutes

While you are there, have lunch at the Lion House Pantry.

This house was built in 1854 as Brigham Young's family home. Young also kept an office here and entertained church and government leaders on the premises. Young, a lover of New England architecture, utilized much of that style in his house, including a widow's walk for keeping an eye on the surrounding desert. Today, visitors can get a glimpse of the lifestyle of this famous Mormon leader by taking a guided tour of the house. It has been decorated with period furniture (many pieces

original to the home) to resemble the way it appeared when Young lived here, as described in a journal kept by his daughter Clarissa. Young's bedroom is to the left of the entrance hall. The Long Hall, where formal entertaining took place, is on the second floor; it was also used as a dormitory to house visitors. Young's children gathered in the sewing room, where they helped with chores, bathed by the cozy stove, and studied Christian principles. Only one of Young's 27 wives lived in the Beehive House at a time; the rest, with some of the children, lived next door in the **Lion House** (not open for tours) or in other houses. Built of stuccoed adobe in 1855 through 1856, the Lion House was named for the stone lion guarding its entrance.

Before you leave, stop at **Eagle Gate**, a 76-foot gateway that marked the entrance to the Brigham Young homestead, located at the corner of State Street and South Temple. It's been altered several times over the years, and the original wooden eagle has been replaced by a 4,000-pound metal version with a 20-foot wingspan. Allow about an hour.

Boys and Girls clubs of Greater Salt Lake ages 5-13

Boys & Girls Club of Murray

Murray UT , 84107

Telephone: 801.284.4253

A unit of: Boys & Girls Clubs of South Valley

<http://www.bgcsv.org/>

Boys & Girls Club of Midvale

Midvale UT , 84047

Telephone: 801.256.9008

A unit of: Boys & Girls Clubs of South Valley

<http://www.bgcsv.org/>

Boys & Girls Club of West Jordan

Midvale UT , 84047

Telephone: 801.256.9008

A unit of: Boys & Girls Clubs of South Valley

<http://www.bgcsv.org/>

Sugar House Unit

Salt Lake City UT , 84106

Telephone: 801.484.0841

A unit of: Boys & Girls Clubs of Greater Salt Lake

<http://www.bgcgsl.org>

South Salt Lake Unit

South Salt Lake City UT , 84115

Telephone: 801.487.1130

A unit of: Boys & Girls Clubs of Greater Salt Lake

<http://www.bgcgsl.org>

Provo High School

Provo UT, 84604

Telephone: 801.370.4615

A unit of: Boys & Girls Club of Utah County

<http://www.bgcutah.org>

American Fork Learning Center

American Fork UT, 84606

Telephone: 801.371.6242

A unit of: Boys & Girls Club of Utah County

<http://www.bgcutah.org>

Boys & Girls Club of Utah County

Provo UT , 84606

Telephone: 801.371.6242

A unit of: Boys & Girls Club of Utah County

<http://www.bgcutah.org>

Dixon Middle School

Provo UT, 84606

Telephone: 801.374.4980

A unit of: Boys & Girls Club of Utah County

<http://www.bgcutah.org>

Farrer Elementary

Provo UT, 84606

Telephone: 801.374.4970

A unit of: Boys & Girls Club of Utah County

<http://www.bgcutah.org>

Hill Air Force Base Youth Activities Center

Hill AFB UT , 84056

Telephone: 801.777.9516

A unit of: Hill Air Force Base Youth Activities Center

Boys & Girls Club of Weber County

Roy UT , 84067

Telephone: 801.332.5800

A unit of: Boys & Girls Clubs of Weber-Davis

<http://www.bgcwd.org>

Boys & Girls Club of Weber County at Central Middle School

Ogden UT , 84401
Telephone: 801.737.8563
A unit of: Boys & Girls Clubs of Weber-Davis
<http://www.bgcwd.org>

Marshall White Center

Ogden UT , 84401
Telephone: 901.629.8349
A unit of: Boys & Girls Clubs of Weber-Davis
<http://www.bgcwd.org>

Clearfield House

Syracuse UT , 84075
Telephone: 801.395.9276
A unit of: Boys & Girls Clubs of Weber-Davis
<http://www.bgcwd.org>

Brigham Young's Grave (SLC) - 1st Ave. between State and A street

Cabela's - 2502 W Grand Terrace Pkwy
Lehi, UT 84043
(801) 766-2500

Camp K: provides recreation opportunities for individuals ages 7 and up with mental or physical disabilities. They also have year-round programs after school, evenings, and weekends. Visit www.campk.org.

C.A.S.T. (Catch a Special Thrill): Was formed in 1991 to join volunteers who love to fish with disabled and disadvantaged children for a day of fishing in the outdoors. The C.A.S.T. for kids event was designed to create an environment whereby both children and adults could benefit, each taking from the day their own lessons. Children and adults could leave their problems on shore and share a day of fun on the water. For more information, call their western region office in Washington : (435)251-3214 or visit: <http://www.castforkids.org>.

Cherry Hill - 1325 South Main, Kaysville 451-5379 www.cherry-hill.com
Mini golf - 4 & under FREE, 5-11 \$5, adult \$6
Pitches - 20 -\$2.00, 100 - \$4
Rock climb, Waterpark - \$16 each , 3 & 4 yr old \$6, 2 & under F

Children's Museum of Utah (SLC) -444 West 100 South 456-kids

Monday and Friday	10-9
Tuesday through Thursday	10-6
Saturday	10-6
Sunday	12-6

Utah Residents	\$8.50
Pre registered groups	\$7.50

City Rep Theatre

638 South State 532-6000
Lilly's Purple Plastic Purse May 4 – May 19th

Theatre school \$120 morning Class
\$90 after school

Clark Planetarium 110 South 400 West Salt Lake City, Utah 84101-1145 801-456-STAR (7827)

Cost is \$8.00 adults \$5.00 children. Free exhibits are available.

Classic Skating – 9151 S 255 West Sandy
867 North 1200 West Layton Utah
250 South State Orem

Basic Skating \$5.00 \$7.50-Skating plus 1 free activity and 10 token games \$10.00-Skating plus 2 free activity 10 game tokens. Tuesday's parents skate free. Wednesday's 10 or more \$3.00 Thursday night is dollar night. \$1.00

Classic Waterslides -

\$5 each or Unlimited Summer Slide pass \$14.75 (\$1 to skate with pass)

Common Ground Outdoor Adventures: offers a wide variety of half, or full multi-day activities including, cross-country and downhill skiing, canoeing, river rafting, cycling, rock climbing and destination trips. Please call: (435)713-0288 or visit their website at www.cgadventures.org.

Courage Reins Therapeutic Riding Center:

offers riding lessons to people of all ages with any type of disability. For reservations and information, please call (801) 756-8900 or visit their website at: www.couragereins.org.

Crystal Hot Springs (Honeyville 10 miles N. of Brigham City)
8215 N. Hwy 83 435-279-8104 camping, fishing, swimming in natural pools and saunas

Daughters of Utah Pioneers Museum - 2148 Grant Ave. Ogden
393-4460

Eccles Community Art Center - 2580 Jefferson
392-6935 www.ogden4arts.com
Cooking is for kids class -

Eccles Dinosaur Park - 1544 E. Park Blvd.
393-DINO www.dinosaurpark.org
10am - 6pm 1 & under Free, 2-12 \$4.00, adult \$6.00
Family Membership 1 year \$50

Farmington Bay Waterfowl Management area (bird watching) www.wildlife.utah.gov

Fishing pond right off 2-15. Free

Fort Buenaventura State Park and Historic site
<http://parks.state.ut.us/parks/www1/fort.htm>

Fort Douglas military Museum 581-1251
<http://www.fortdouglas.org/>

Museum Hours:

Tuesday-Friday 12:00 to 5:00 PM
Saturday 12:00 to 4:00 PM
Closed Sunday, Monday and Federal Holiday weekends.

Fort Douglas grounds: Open to public at all times (except for active military areas).
Located just east of the University of Utah Campus Drive. Look for the Parade Ground where the big flagpole is located. The museum is in the red sandstone buildings on the south side with the tanks.

14 May
Ned Baker – fighter pilot, Pacific

World War Two veterans speak on the second Monday of each month at the library
Questions or Comments: Rick Randle 801-273-7695

Free lunch This is a program through the school district for free lunch for kids. If a parent goes then they will need to pay for their lunch.

Salt Lake City School District Jana Cruz, East Elementary Schools - 974.8380
Alpine School District Phone: 801-796-3104
Granite School District **Bob Ward** - Food Service Director robert.ward@granite.k12.ut.us

The list has not come out at this time but will have information in near future.

MEDIA RELEASE FOR SUMMER FOOD SERVICE PROGRAM

The Jordan School District announces the sponsorship of the Summer Food Service Program. Free meals will be made available to attending children (18 years or younger). In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

Meals will be served from 8:30 a.m. to 9:30 a.m. for breakfast (except Midvale Elementary which will serve breakfast from 8:00 to 9:00 am) and 11:30 a.m. to 12:30 p.m. for lunch. These meals will be available from June 11th thru August 17th, 2007.

Exception: Midvale Elementary meals will be available from June 11 thru August 10, 2007.

Adults may purchase meals at these sites. Prices are \$1.50 for breakfast and \$2.50 for lunch. Meals will not be available July 4 and July 24 in observance of the July 4th and Pioneer Day holidays.

The following sites will be serving lunch only:

Sunset Gardens
Utah Housing Authority
380 East 7200 South
Midvale, Utah 84047

The following sites will be serving breakfast and lunch:

Copperview Community Center
8446 South Harrison Street (340 West)
Midvale, Utah 84047

Sandy Elementary
8725 South 280 East
Sandy, Utah 84070

East Midvale Elementary
6990 South 300 East
Midvale, Utah 84047

Majestic Elementary
7430 South Redwood Rd (1700 West)
West Jordan, Utah 84084

McHeather Park
6940 South 1440 West
West Jordan, Utah 84084

Midvale Elementary
362 West Center Street (7800 South)
Midvale, Utah 84047

Provo District Free lunch

Farrer
100 North 600 East Provo 801-374-4925
Breakfast 8-9
Lunch 11:30-12:30

Franklin
350 South 600 West Provo 801-374-4940
Breakfast 8-9
Lunch 11:30-12:45

Spring Creek
1740 South Nevada Ave Provo 80-370-4650
Breakfast 8:30-9
Lunch 12 -1 The best time for walk ins will be 12-12:30 as summer school gets out at 12:30.

Weber free lunch

Lunch will be serve from 11:30 to 12:30 June 4th – August 2nd

Lunch will not be served on Fridays or July 4,5,23, and 24.

Club Heights
4150 So 100 East
South Ogden

Washing Terrace
20 E 4600 South
Washington Terrace

Canyon View School
1100 Orchard Ave
Ogden

Roosevelt Elementary
190 West 1500 South
Washington Terrace

North Park Elementary
4230 S 2175 W
Roy

Valley View Elementary
2465 W 4500 South
Roy

Lake View Elementary
2025 West 5000 South
Roy

Gardner Village - 1100 W. 7800 S. West Jordan
566-8903
cute shops, restaurant & bakery open 10am - 8 pm
www.gardnervillage.com

Gateway Water Fountains Free of charge and you can run through rotating water shooting from the ground. Be sure and put your children in wheelchairs in a stroller so it can get wet.

Golden Spike Fruitway - 10 mile stretch between Willard & Brigham City` Visit fresh fruit and veggie stands from 30+ local farms
Don't forget to stop at Maddox Ranch House for lunch.

Golden Spike National Historic site - 435-471-2209 ex.18 - 32 miles west of Brigham City via hwy 18 or 83

8 am to 6 pm \$3.50 individual or \$7 per vehicle

Auto tour, ranger program, engine house tour, locomotive demo

Great Salt Lake and Antelope Island

<http://parks.state.ut.us/parks/www1/ante.htm>

View wildlife via horseback riding, hiking, biking

Heber Valley Railroad - 450 S. 600 W. Heber
435-654-5601

www.hebervalleyrr.org daily service Tues-Sat.
9am-6pm. Prices range for trips - check website to reserve
Thomas the train - May 24-28. \$16.00 per ticket.

Hill Aerospace Museum 777-6818

www.hill.af.mil/museum

9am - 4:30 pm FREE
take exit 341 off I-15 in Roy to enter thru gate

Hill Top Lanes - bumper bowling - 4400

Washington blvd. 479-7730
Mon-Sat noon to 11pm \$2.50 a game \$2 shoes
Fun Pack up to 6 people \$39.90 2 hr. bowling,
shoes, drinks, popcorn

Historic 25th street and Union Station

www.theunionstation.org

10am-5pm \$5 adults \$3 kids 629-8535

Hogle Zoo - SLC 584-1750 or 582-1631

13 & up \$7 3-12 \$5 2 & under FREE
Year family membership \$50

Hollywood Connections

Address: 3217 South Decker Lake Drive
West Valley City, Utah 84119 USA Phone
numbers: 801-974-9437

They have rides and roller coasters and Merry Go Round.

A person in a wheelchair and one other person is free into any movie.

You can go on the roller skating rink with a wheelchair as well.

Home Depot -

Kids Workshops are free "How-To Clinics" designed for children ages 5-12. The workshops are offered on the first Saturday of each month between 9:00 a.m. and noon at all The Home Depot stores. Children accompanied by an adult construct projects from pre-fabricated kits. The kits are designed to be both educational and practical.

Huntsville Trappist Monastery - 1250 S. 9500 E.

Huntsville 745-3784

(Abbey of Our Lady of The Holy Trinity)

<http://www.xmission.com/~hta/>

Take a drive thru Ogden Canyon up to Huntsville and visit this monastery. They have a book and gift shop where you can purchase the Trappist creamed honey in 14 different flavors. They also sell 2-grain cereal and there is a recipe to make their Monastic Whole Wheat Bread.

Ice Sheet - 4390 Harrison Blvd. 778-6300 or 399-8750 Mon. - Sat. noon to 2pm

Ages 3-17 \$2.75 adults 3.25 \$1.25 skate rental

International Peace Gardens at Jordan Park

Park honoring over 26 different countries in an attempt to foster peace and friendship among all countries.

Address: 1060 S 900 W, Salt Lake City, Utah
Phone: 801-972-7860 Free

Kennecott copper canyon 569-6000

Open 7 days a week from 8a.m.-8p.m. Cost \$4 per vehicle

KidsCamps.Com: This is a great website to find camps all over the country for individuals with disabilities. Visit www.kidscamps.com for more information.

Lagoon - www.lagoonpark.com

Open daily 11am (sat. 10am)

51 inches to 64 yr. \$36.95

Age 4 to 50 inches \$31.95

3 and under \$20.95

(or free with paid adult but limited rides)

Vehicle parking \$7

Layton Heritage Museum - laytoncity.org T - F

11am - 6 pm Sat. 1-5pm

Liberty Park All Abilities 1100 South 600 East
Salt Lake City, UT 84102-3808

Library for summer fun contact your library to see what they have scheduled.

Lowes – every Saturdays per month
no charge but must pre-register

Memory Grove Park

Salt Lake Art Center

328-4201 20 South West Temple

Michaels - Kids ages 5-12 are invited to join.
30-minute sessions at 10am, 10:30am, 11am or
11:30am.

Cost includes supplies.

Movie Theaters

Avalon Theatre (801) 266-0258

3605 S. State St • Salt Lake City, UT

Brewvies Cinema Pub (801) 355-5500

677 South 200 West • Salt Lake City, UT

Broadway Cinema (801) 359-2112

111 E Broadway • Salt Lake City, UT

Carmike Plaza 6 (801) 969-6266

5400 S. Redwood Rd • Salt Lake City, UT

Carmike Villa Theatre (801) 463-2602

3092 S. Highland Dr • Salt Lake City, UT

Century 16 Salt Lake (801) 474-3456

125 East 3300 South • Salt Lake City, UT

Crossroads Cinemas (801) 355-3883

50 S Main St • Salt Lake City, UT

Itec Attractions (801) 566-9000

7030 Park Centre Dr • Salt Lake City, UT

Olympus Starship (801) 272-1227

3900 S. Wasatch Blvd • Salt Lake City, UT

Jordan Commons (801)304-4500

9400 S. State Street, Sandy

Redwood Drive In Theatre (801) 973-7088

3688 S. Redwood Rd • Salt Lake City, UT

Sandy Starship (801) 572-2825

9400 South 800 East • Salt Lake City, UT

Sugarhouse Movies 10 (801) 466-3797

2227 Highland Dr • Salt Lake City, UT

Trolley Corners Theatre (801) 355-5047

515 S. 700 East • Salt Lake City, UT

Trolley Square Mall (801) 363-1183

523 S. Trolley Square • Salt Lake City, UT

Tower Theatre (801) 481-7827

876 East 900 South • Salt Lake City, UT

Museum of Church History and Art

45 N. West Temple 240-3310

Museum of Natural Science and Layton Ott Planetarium at Weber State

<http://community.weber.edu/museum/> or weber.edu

MySummercamps.Com: This is another great website to find camps all over the country for individuals with disabilities. You can perform targeted searches to make sure that you are getting information on camps that meet your criteria. Visit www.mysummercamps.com for more information.

Nascart Indoor Speedway - 1600 S. 4650 W. SLC

973-4735 www.nascart.net

National Ability Center: in park city is offering a variety of programs for children and adults with disabilities and their families. For more information call: (435) 649-3991 or visit their website at www.nationalabilitycenter.org.

National Center on Physical Activity and

Disability: NCPAD is an information center concerned with physical activity and disability.

Visit www.ncpad.org for more information.

Nickel Cade – Sandy, Orem, Ogden

10am to midnight \$2.00 plus nickels

Nifty Cool Toy Shop – 1348 S. Foothill Blvd., SLC 583-1277

A neat toy shop that offers storytime, science experiment days, etc. Call to get on mailing list for summer events

Ogden River Parkway and Botanical Gardens -

1750 Monroe - 627-3270

A great walk/bike path running along the Ogden river leading around a park and Botanical gardens

Oquirrh Hills Fitness

Out of state camps: Here are a couple of resources for camps in other states:

- **New Horizons and parkview camps for Developmentally Disabled youth and Adults:** located in Vashon Island, WA: camp prices vary: call (206) 463-2512 for more information.
- **The Learning Camp** for children with ADD, ADHD dyslexia, and other learning disabilities; located in Vail, Co; Call (970) 524-2706

Paintball adventure 75 E 7200 South 255-3840

Palisade Pals Children's Program: will be offering camps at various locations around the state., Please call: (435) 528-7167.

Parks and Recreation: Salt Lake County offers a variety of Adaptive Recreation Programs, Such as: Swimming, bowling, fitness club, day trips, day camps, track& field, ice sled hockey, outdoor soccer and others. Please contact the Adaptive Recreation Program to request more information at (801) 561-007. If you live outside the Salt lake county area, please contact your local Parks and Recreation to find out what types of summer and /or adaptive programs they may offer. Visit their website for more information at <http://www.recreation.slco.org>.

Parent's choice summer programs: for children ages 6-15. This is an eight week program for kids who have difficulty getting along with others of keeping friends. Depression, anxiety, shyness and teasing are also helped call (801)483-1600.

Pioneer Memorial Museum/ Daughters of Utah Pioneers - 300 N. Main st. SLC 538-1050

RAH: is committed to supporting people with disabilities in their pursuit of independence and self-enhancement through training, recreation, and involvement in their community. RHA is located in Utah count. TO find out more about their summer programs, call: (801) 374-8074 or visit: www.rahservices.org.

Raging Waters (801) 972-3300

Red Butte Gardens –

<http://www.redbuttegarden.org/index.html>

Prices: Adults \$6

Children 3-17 \$4

Children under 3 free

Circle of friends membership \$55 up to 4 people

Family - \$55 2 parents and up to 4 children

Contributor - \$100 2 individuals plus up to 6 guests.

Free admissions

April 27th 9-3

July 24 9-9

Dec 2 & 3 10-5

Accessibility



Red Butte Garden is handicap accessible. Please call our Visitor Center for special needs, requests or questions at 801-585-0556.

Rockreation - 2074 E. 3400 S. SLC 278-7473

Salt Island Adventure - www.gslcruises.com

Tour the Great Salt Lake (scenic and lunch/dinner tours) check website for prices and discount coupons

Salt Lake County Parks and Recreation: has a lot of different programs available all year for individuals with disabilities. Call (801) 468-2299 or visit www.parks-recreation.org.

Salt Lake Stingers baseball team - www.stingersbaseball.com

Social Skills Groups: This summer at the University of Utah Speech Language and Hearing Clinic will be hosing Social Skills Groups for children with high functioning autism and social communication difficulties. Groups will meet one day per week for 7 weeks. Groups begin the week of June 11, 2007; 1 ½ hour sessions. The cost is \$300 for the 7 week session. The group sizes will be small for individualized attention. For more information or to register, call (801) 581-3506.

SPLORE: Accessible Outdoor Adventures provides opportunities for people with diverse backgrounds and abilities including persons with

disabilities to experience adventures together. Call: (801)484-4128 or visit www.splore.org for more information on upcoming canoeing, cross country skiing, climbing and white water rafting opportunities.

Special Olympics www.sout.org

Sports Tours: offers travel opportunities for individuals with disabilities. This is a private company that offers trips to place such as Hawaii, Disneyland, and Zion's Call: (801) 374-8087 or Toll Free (801) 484-4128.

Summer Employment Program: will accept kids with disabilities. It is a half day at a work site and half day in class, Monday through Thursday. Kids have to be self-sufficient with dressing, grooming, and toileting. There is not help for them. Call: (801) 468-3246 for info on this program.

Sunshine Solutions: Will be offered through the Utah boys Ranch for girls and boys ages 5-15 with emotional and behavioral problems. Please call (801)280-2697.

Temple Square Visitors can learn the history of the Mormons, look into their own genealogical background, and attend rehearsals for the Mormon Tabernacle Choir.

Address: 50 W. North Temple, Salt Lake City, Utah
Phone: 800-537-9703, 801-240-1000
Free

Thanksgiving Point - 3003 N Thanksgiving Way, Lehi 768-4999 www.thanksgivingpoint.com

Gardens \$8.00

Children 3-12 \$5.

Farm country. Includes one pony or wagon ride.

Adult \$3.50

Ages 3-12 \$2.50

Museum of Ancient Life

Adults \$9.50

Ages 3-12 \$7.50

Can purchase a family pass for the year for \$175

This is the Place State Park (old Deseret Village) - 2601 Sunnyside Ave. SLC 582-1847 open 10 am to 6pm \$7 adults \$5 kids

Temple square/ Visitors Center/ Joseph Smith Memorial Building

The Testament free. www.lds.org reservations.

Terrace Plaza Playhouse - 393-0070
www.terraceplayhouse.com

Tracy Aviary in Liberty Park - 589 E. 1300 S. SLC 596-8500 or 322-2473 www.tracyaviary.org open 9am - 6pm adult \$4 age 4-12 \$2.50

Treehouse Children's Museum - 455 23rd St. Ogden 394-9663 www.treehousemuseum.org \$3.50 kids \$2 adults Check website for daily events.

Tri Connections: is dedicated to supporting people with developmental disabilities by promoting personal growth, positive family relationships, and community independence. Summer programs are offered. For more information Call: (801)343-3900 or visit www.triconnections.com.

Trips inc. Special Adventures: provides travel outings to people of various abilities in a safe, respectful and fun atmosphere. Our trips are designed for people with developmental disabilities and other disabilities that require staff assistance for a safe and enjoyable vacation. To receive a brochure or more information about this program, please call 1-800-686-1013.

Turn Community Services: offers a variety of programs including summer and a Saturday Day camp. Please Call Ramona or Judy at (801) 486-3778 for more information.

Utah Adaptive Recreation Network: is a new organization benefiting people with disabilities in the state of Utah. UARN was created to bring together local nonprofit agencies that provide recreation and leisure services for people with disabilities. The members of UARN include: Salt Lake County Parks and Recreation, National Ability Center, Project GAIN, Kostopulos DREAM Foundation, SPLORE, and Common Ground

Outdoor Adventures. Visit cgaadventures.org/uarn.html for more information.

Utah Olympic Oval - 5662 S. 4800 W. Kearns
968-OVAL
www.utaholympicoval.com/home.html
Public skate sessions and tours.

Utah State Fair 538-8400

Utah Museum of Natural History
1390 E. Presidents Cir. SLC on U of U Campus
www.umnh.utah.edu
Explore dinosaurs, native americans, natural wonders of Utah

Wheeler Historic Farm - 6351 S. 900 E. SLC
264-2241
www.wheelerfarm.com Farm tours, wagon rides, summer day camp, general store

Mountain Resorts

snowbasin.com summer trail map
thecanyons.com kids and infants day camp, hot air balloons rides, gondola rides, mountain lunches, hiking, biking, horseback riding.
deervalley.com hot air balloons, horseback riding, hiking, biking, events
parkcitymountain.com alpine slide, mini golf, biking
snowbird.com tram rides, climbing, biking, hiking, hayride & barbecue, Oktoberfest in September
sundanceresort.com biking, hiking, stables, fishing

Utah Olympic Park (Park City) - 435-658-4200

INTERNET SITES

Kids sites:

www.pbskid.org

www.family.com

www.kidlink.org

www.kidscom.com

www.webwisekids.com

www.ciberkids.com

www.bigIdea.com

www.nickjr.com

Teen Sites:

www.dosomething.org

www.mightymedia.com

www.preventviolence.org

www.yar.org

Parent's sites:

www.parenttime.com

www.parentsoup.com

www.kidshealth.org

www.parentpartners.com

www.safekids.com

www.goodtouchbadtouch.org

www.fen.com

www.schoolcounselor.org

Resources online

Auto buying tips	www.edmunds.com
	www.nadaguides.com
Baker's Dozen Program	www.cozycookie.com
Chore charts for kids	www.chorecharts.com
Coupons	www.smartsource.com
	www.coolsavings.com
Crafts	www.familycrafts.about.com
Credit	www.freecreditsearch.com
Design your own make up	www.reflect.com
Dieting	www.ediets.com
	www.mayoclinic.com
	www.trimlife.com
	www.mydietworld.com
	www.eat-less.com/wom
	www.nal.usda.gov/fnic
Family	www.caring@home.com
	www.familycorner.com
	www.familyfun.com
	www.schwablearning.org
Fun Stuff	www.falshfunstuff.com
Genealogy	www.familysearch.com
Health	www.mayoclinic.com
HELP! ☺	www.sanitycentral.com
Home improvement coupon	www.ultimatecoupons.com
	www.dealcoupon.com
Information	www.infods.com
Kids creativity	www.infoseekers.info
	www.crayola.com
	www.crayolacreativitycentral.com
Kid fitness	www.kidnetic.com
Kids food fun	www.lunchables.com
Meal ideas and recipes	www.meals.com
	www.kraftfoods.com
Money	www.foundmoney.com
	www.gozing.com
	www.mysteryshop.org
	www.autowraps.com
	www.shoots.com
Share your story and earn money	www.features@bauerpublishing.com
Magazines	www.kable.com/Womansworld
	www.kraftfoods.com/free
Movies	www.movieflix.com
Online credit	www.cservice@onlinecreditnow.com
Organizing tips	www.eabbott@organize.com
	www.flylady.net
Personalized weekly meal planner	www.kraftfoods.com/healthyliving
Summer Ideas for kids	www.kidsource.com

Even more **Websites**

www.thingstodo.com/states/ut/index.htm

www.utah.com

www.utah.com/nationalsites/fees.htm - Golden Access Passports can be obtained (FREE) from the Office of Forestry at the Federal Building in Salt Lake – 125 South State Street (8th Floor) 801-236-3400 or at any Ranger District or entrance to a National Park. A medical statement from the person's doctor is required.

Chamber of Commerce or Tourism (look at calendar for upcoming events)

visitsaltlake.com

echamber.cc

parkcityinfo.com

stateparks.utah.gov

ogdencvb.org

hebervalleycc.org

utah.com

areaparks.com

Ideas for things to do for kids and families

discoveryworld.org

atozkidsstuff.com

sitesforteachers.com

sitesforparents.com

Parentingpath.com

mommytips.com

family-friendly-fun.com

familycorner.com

cookincampers.com

disneyonline

nationalsciencefoundation

kidsdomain.com

top100familysites.com

learningpage.com

kidsource.com (toddler calendar)

royalmunchkin.com

activitiesforkids.com

Suite101.com

babycorner.com

coolestdates.com

thebeehive.org/family/

300 things to do when your child says they are bored. Comes from the book *A mother's manual for summer survival*. By Kathy Peel and Joy Mahaffey. A great book! There is a lot more information in there too. Here are 150 of the 300 ideas from boredom.

1. Colorful creative salt: Add 5-6 drops food coloring to $\frac{1}{2}$ cup household salt. Stir well. Cook in microwave for 1-2 minutes or spread on waxed paper and let air dry. Store in an airtight container. Use as you would glitter.
2. Homemade paint: Mix 1 teaspoon water and 1 teaspoon dish washing liquid with $\frac{1}{2}$ teaspoon of food coloring to make vivid colored paint. Make sure your future Rembrandt wears an apron or play clothes to do this project.
3. Soapy finger paint: Whip 1 cup soap flakes with $\frac{1}{2}$ cup of water. Tint with food coloring or dry tempera. Paint on white shelf paper or waxed paper.
4. Homemade finger paint: Mix 2 cups flour with 2 teaspoons salt. Add 2 $\frac{1}{2}$ cups cold water. Stir until smooth. Gradually adds this mixture to 2 cups boiling water. Boil until smooth and thick. Add food coloring then stir until smooth.
5. Paint roller: Pry the top off a roll on deodorant bottle. Fill it with tempera paint and snap the top back on the bottle. Now you have a giant paint pen.
6. Chalk Paint: Dissolve 6 tablespoons sugar in $\frac{1}{4}$ cup water. Soak chalk 10 minutes. Draw on colored paper with wet chalk.
7. Homemade paste: Mix $\frac{1}{2}$ cup flour with $\frac{1}{2}$ cup water until smooth. Store in covered container. For more durable paste, add $\frac{1}{2}$ cup flour to 1 cup boiling water. Stir over low heat until thick and shiny.
8. Play dough: Mix 2 cups flour, 1 cup salt, 4 teaspoons cream of tartar, 2 cups water, 2 tablespoons salad oil and food coloring. Stir ingredients together, then cook in a saucepan over medium heat until dough follows spoon and leaves the side of the pan. Cool and knead. Store in air tight container.
9. Kool-Aid play dough: Mix 1 cup sifted flour, $\frac{1}{2}$ cup salt, 3 tablespoons oil and 1 small package of Kool-Aid or other unsweetened powdered drink. Add 1 cup boiling water. Stir the ingredients together, knead mixture until it forms a soft dough.
10. Bubble soap: Mix 1 cup Joy dishwashing liquid, 10 cups water and $\frac{1}{4}$ cup glycerin (available at your drugstore, for longer lasting bubbles). Make bubble blowers from a straw, a kitchen funnel or a thin wire shaped in creative forms.
11. Visit the fire station.
12. Go to the post office. Let your children send letter to themselves and then watch for the mail carrier the next day.
13. Take a nature walk. Collect ferns, flowers, leaves and rocks to make a centerpiece for the dinner table.
14. Find a construction site and watch the trucks and tractors.
15. Finger paint with shaving cream on colored construction paper.
16. Decorate a small clay pot. Plant flower seeds, nurture and watch them grow.
17. Paint the fence or side of the house with a clean brush and a bucket of water.
18. Make mud pies or mud stew with twigs, rocks and acorns.
19. Cut paper dolls out of catalogs.
20. Make finger puppets from toilet paper tubes. Draw faces and glue yarn on for hair. Cover a table with a sheet for a puppet theater.
21. Find old greeting cards to color. You can also write notes on the blank side to friends or family. Then drop them in a pretend mail box. Use cards to help children learn to recognize numbers or letters. Cards can also be taped together to make long roads for small cars.
22. Use a long wrapping paper tube to make a slide for small cars, balls or other toys.
23. Create a collage by gluing different kinds of beans cereal, colored toothpicks, dry rice, foil, macaroni or raisins onto cardboard.

24. Mount your children's pictures, display them in a special place and host an art show for Dad.
25. Make musical instruments. Put dry rice between two paper plates and tape them together to make a shaker. Cover one end of paper towel tube with paper. Poke holes in the tube, then hum through the open end. This makes a great horn. Wrap tissue or waxed paper around a comb and hum into it for a neat kazoo.
26. Fill a sink with soapy water, spoons, egg beaters and plastic dishes to occupy little ones while Mom cooks.
27. Draw a picture and send it to Grandma and Grandpa.
28. Listen to some quiet music while you rub your child's back.
29. Buy a goldfish to take care of.
30. Make dolls from thread spools. Use markers to make faces, glue on yarn for hair and pieces of colored paper or fabric scraps for clothes.
31. Design an insect house out of a shoe box. Add rock furniture and put roly-poly bugs in it to play with.
32. Go exploring with a magnifying glass.
33. Paint a rock with tempera paint.
34. Build a doll house by stacking five shoe boxes or cardboard boxes to resemble a two-story house with a garage. Paint and decorate.
35. Hide a kitchen timer and have your child search for it by listening for its ticking sound.
36. Have a neighborhood Fourth of July or a just for fun parade, using wagons, tricycles and wheel toys. Decorate them with streamers.
37. Make inkblot animals, using an ink pad, black pen and paper. Let your child press his or her index finger on an ink pad and then on the paper. Use a pen to draw eyes, ears, tails and wings and create miniature animals. (Be careful; it will permanently stain clothes! Wash hands immediately afterward.)
38. Ask an interior designer for an old wallpaper book. Cut out circles, rectangles, squares, triangles or other creative shapes. Glue them on construction paper to make all kinds of interesting pictures.
39. make your own puzzle by coloring a picture, gluing it to cardboard and cutting it into simple shapes.
40. Print on paper by dipping the following objects in tempera paint: a potato cut in half with a design carved in the raw end; a cork; a bottle cap; or a spool.
41. Glue yarn around a tin can and use it as a paint roller. This makes an interesting pattern for cards and wrapping paper.
42. Fill about one third of a large zip lock bag with finger paint and shaving cream and let your child rub and squish. (Wear paint clothes).
43. Put cornmeal in the bottom of a large cardboard box. Play with blocks, cars or plastic houses and people in it. You can also draw designs in the cornmeal.
44. Make stacking cans. Remove the tops and labels from various size cans, flatten rough edges with pliers and cover the outsides with contact paper. Build cities, forts and towers with the cans.
45. Watch a sweet potato grow in a jar of water. Stick toothpicks in four sides so the bottom half will be immersed in water and the top half sticks out of the jar.
46. Pack an old suitcase with clothes and costume jewelry for dress up.
47. Catch bugs in a plastic jar and make a bug zoo. (Be sure to vent the lid with holes.)
48. Make boats to float. Take a two inch cork and slit one end. Color a sail shaped piece of paper with crayons to waterproof it, then insert it into the slit. Sail it in the bathtub, sink or a small backyard pool.
49. Make a design with a hole punch in a paper plate. String a shoelace through the holes.
50. Make beanbags from scrap fabric to toss at a target.
51. Build a pinecone pyramid. Kids love to kick it down.
52. Punch holes in the bottom of an oatmeal or shoe box. Shine a flashlight in the box toward the ceiling in a darkened room. This is excellent for toddlers who resist nap times.

53. Play with a magnet. Learn what it will and will not pick up. Make a fishing pole with a stick and string. Tie a magnet on the end. Fish for paper clips.
54. Make chalk drawings on black construction paper, the patio or the sidewalk. Chalk city streets on the sidewalk for toy cars and trucks.
55. Learn to play hopscotch.
56. Make a sponge garden. Soak a sponge in water and place it in a shallow dish. Sprinkle with alfalfa or rye grass seeds. Keep it moist and watch it grow.
57. Create a mosaic by cutting construction paper into zillions of small pieces and gluing them down to a sheet of paper to create patterns or scenes.
58. For craft projects, fill a large box with egg cartons, empty plastic bottles, 35 millimeter film canisters, paper towel tubes, scraps of sewing trim and fabric, sponges, spools, Styrofoam meat trays and tissue boxes. In a smaller box, put crayons glue, pipe cleaners, scotch tape, string, yarn and safe scissors.
59. Let your children play store with their toys. Draw, color and cut out money.
60. Draw faces on balloons with permanent markers. Watercolor markers will rub off.
61. Make superman capes for stuffed animals with scraps of fabric. When your kids see them they'll want capes, too!
62. Make frozen fruit juice cubes in an ice tray.
63. Plant your own garden; as little as a four by four foot plot will do.
64. Plant orange, lemon or avocado seeds in potting soil. Cut a half inch off the top of a carrot, place it in a shallow dish of water then watch the top sprout. You can also plant the top of a pineapple in soil.
65. Spray paint two liter bottles and use for bowling pins. Put a little bit of water in the bottom of each one to weigh it down.
66. Have a dress up party. Invite friends to come dressed in Dad or Mom's old clothes such as hats, jewelry scarves, suits or ties. Serve "tea" and cookies.
67. Make a bird feeder by rolling a pinecone in peanut butter, then in bird seed. Hang from a tree with string.
68. Have your children create books about themselves. They might want to include their birth date, handprints and footprints, drawings of themselves and their family and story about themselves. These are wonderful keepsakes.
69. Invite friends over for a tricycle derby day. Section off racing lanes on the driveway with masking tape. Let them race each other and award homemade medals for the winners.
70. Take dressed-up stuffed animals and dolls on a wagon ride.
71. Cover a wall in your children's room with plain brown paper. Let them design their own wallpaper.
72. make a homemade memory game by cutting eight by eight inch squares out of poster board. Glue matching pairs of pictures (two balls, boys, girls, horses, etc) from cereal boxes or magazines on the cards. Turn them face down, choose one card at a time and ask your child to identify the matching pictures when they come up.
73. Make place mats by covering kids art work with clear contact paper.
74. Create a play basket for the car. Fill it with crayons and paper tablet, small cars and little people.
75. Decorate empty syrup bottles; tag with each child's name and use as water jugs in the refrigerator. Keep them on the bottom shelf so your children can their own drinks.
76. Cover the top of a shoe box with felt for a flannel board. Cut more colored felt into various sizes and shapes, such as animals, cars people, rectangles, squares, trees and triangles. Children can form objects and designs from the pieces. Store the pieces in the box. This is great for the car.
77. Play a listening game. Ask your child to close his or her eyes and guess the sounds you make. Blow a whistle, drop a spoon, jingle money, snap your fingers or click your tongue.
78. Look around the house and name five things that are blue. You can play this with all the colors. This is fun to do in the car.
79. Read and act out one of your child's favorite stories.

80. Make a mystery bag by placing familial objects in a pillow case. Ask your child to close his or her eyes, feel the objects in the bag and pick out the item you name.
81. Ask at a furniture store if you can purchase damage table leaves. These are often available for a nominal cost and make wonderful ramps for small cars. You can also go to the lumber yard and buy plywood.
82. Hide a small toy in a room. While the children look for it, give them clues such as, "You are hot" when they are close and "you are cold" when they move away.
83. Line up chairs for a bus or train and pretend to take a trip. One child can be the driver, another the ticket clerk, another the passenger. Take stuffed animals along for the ride.
84. Wait for the mail carrier and sanitation workers and offer them homemade cookies.
85. Save and wash spray bottles and dish washing liquid squirt bottles for water play.
86. Make macaroni jewelry. Mix 1 tablespoon food coloring with 2 tablespoons rubbing alcohol in a bowl. Make several different colors. Stir macaroni into the colored solutions. Spread on newspaper to dry. Sting on a shoelace for bracelets or necklaces.
87. When the family goes to sports events, make a special entertainment bag for younger children. Fill it with books, cars, crayons, note pad and plastic people.
88. Make funny faces makeup by mixing Mom's liquid facial cleanser with powdered sugar to thicken. Add food coloring. Wash child's face with liquid facial cleanser and wipe dry before painting. This make clean up easier.
89. Be a limp rag doll. Lie on the floor and let your child move your arms and legs and roll you over. Then reverse roles and let him or her be the floppy doll.
90. Put a sheet or blanket over a table and make a tent, doll house or secret hiding place. It's also a great place to take a nap or have a picnic lunch.
91. on a warm, rainy day, stage boat races in the gutter or stomp through puddles.
92. Using a muffin tin, tape different colored paper circles to the inside of each cup. Cut other paper circles in the same colors. Have your child match the circles with those in the muffin tin.
93. Conduct a neighborhood tricycle wash.
94. Teach kids to make paper clip chains
95. Make modern glue art by forming designs on waxed paper with white glue. Dry until clear. Carefully peel dried glue off paper. These designs can be colored with felt markers. Tie with a string and hang in a window.
96. Make real people puppets by cutting out photos of family members and friends. Glue to Popsicle sticks or tongue depressors.
97. Create pictures by pressing assorted lengths of yarn on coarse sand paper. You can pull off the yarn and start all over again.
98. Make "my shadow" pictures. Have your children lie down on a large piece of cardboard. Trace around their entire bodies, then cut out the figure. Let them color in the features and dress the figure in their own clothes.
99. Read a storybook, then design and draw a new cover for it or copy some of the pictures inside of it.
100. Make a pipe cleaner floral arrangement. Line a small plastic strawberry basket with enough colored tissue paper so the paper sticks up three or four inches above the top. Cut a half inch piece of Styrofoam to fit snugly inside.
101. Cut a large appliance box so it can be laid flat. Paint a giant mural on it with tempera paint.
102. Flatten a mattress box to make airport runways for small planes. Use masking tape to mark the lanes.
103. Create a rocket from a refrigerator carton.
104. Make a reading hideout. Add lots of pillows and a Do not Disturb sign.
105. Make a doll house from a medium size box. Create furniture by covering smaller boxes with fabric or contact paper.
106. Design a robot using different size boxes and cardboard tubes for legs and arms. Use buttons, felt, ribbon and rickrack for features.

107. Tape large boxes together to make a tunnel.
108. Create a portrait screen. Paint characters or animals on a tall box. Cut holes where the characters' faces should be for the kids to stick their faces through. Take a snapshot of them.
109. Make a target. Cut a 24 inch hole in a big box. Hang a foil pan with a string from the top of the hole so it swings freely in the center of it. Use tennis balls to hit the target. Balls will collect in the box.
110. Make a costume from an opened ended box. Cut holes for head and arms then decorate with crayons or colored pens.
111. Create a submarine. Cut port holes and make a periscope from a cardboard tube.
112. Invent a new model of a car or truck
113. Construct a zoo. Put stuffed animals in box cages.
114. Use a box to make a lemonade stand.
115. Build a train by connecting three medium size boxes. Decorate and take dolls, stuff animals for a ride.
116. Create your own puppet theater out of a washing machine box. Cut an opening in the front and a door in back. Make a curtain out of an old towel or sheet, and it's on with the show!
117. Cut a face hole in a refrigerator box for a pie throw. Load sponges with whipping cream and fire away.
118. Make a western town for your cowboys out of various size appliance boxes. Make a church, jail, barber shop, general store, opera house or red barn.
119. Crystal gardens: Place 4-6 charcoal briquettes in an aluminum pan. In a jar, mix $\frac{1}{4}$ cup salt, $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup Mrs. Stewart's liquid bluing, $\frac{1}{4}$ cup ammonia in a jar. Sprinkle a few drops of food coloring on the charcoal, then pour mixture over the briquettes. Make more salt mixture and add to garden every few days.
120. Crazy putty: Put 1 tablespoon Sta-Flo liquid starch into a bowl. Add 1 tablespoon Elmer's white glue. Fold the starch over the glob of glue until it's not stick. Press the glob between your hands and stretch like taffy.
121. Baker's clay: Mix 2 cups white flour and $\frac{1}{2}$ cup table salt in a bowl. Add $\frac{1}{2}$ cup water and stir for a few minutes. Slowly add $\frac{1}{4}$ cup water while turning dough in bowl. Form dough into a ball. Knead for five minutes. Shape dough into desired shapes, adding a little water to join pieces together. Use cookie cutters for preschoolers. Bake your creation's at 250 degrees for 15 – 30 minutes until hard. Time will vary according to thickness of dough. Let cool completely. Dough can be painted with acrylic paints.
122. Arrange for a tour of the police station.
123. Go to a dairy farm
124. Make an appointment to see a newspaper or magazine printing plant
125. Set up a zoological scavenger hunt. Using encyclopedias, your children can create a list of animal riddles for each other to solve. Then take a trip to the zoo. Have them exchange lists and try to identify the animals by matching the riddle clues with the zoological information on the cages.
126. Make flavored toothpicks with peppermint or cinnamon oil, which you can buy at your pharmacy
127. Plan a neighborhood talent show. Serve homemade ice cream.
128. Collect as many dominos as you can. Stack them in a long design just far enough apart that when you push one, the others will fall down consecutively.
129. Have a backyard Olympics. Make medals by covering cardboard circles with foil and stapling them to different colored ribbons.
130. Write a letter to the President. Ask him to send you the book about the White House.
131. Make a volcano. Mound dirt six to ten inches high and then clear a hole down the middle of it. Put 2 teaspoons baking soda in the hole. Pour in some inexpensive vinegar and watch your "eruption"
132. Draw sandpaper pictures. Pressing down hard with crayons, draw on coarse sandpaper. Bake on a foil covered cookie sheet for 10-15 seconds in 250 degree oven.
133. Write a play, design costumes and stage a performance.

134. Make a giant slingshot for water balloons in the backyard. Secure two wood or metal four foot poles in the ground about four feet apart. Drill two holes in the opposite sides of the wide mouth of a plastic or tin funnel. Cut rubber tubing into two pieces, three feet long and one and a half inches wide. The tubing can be purchased from a service station or tire store. Attach first strip to one funnel hole and pole. Attach the other piece of tubing to the opposite funnel hole and pole. Fill balloons with water, hold against the wide end of the funnel, pull back and fire away at whatever target you choose.
135. Put on a backyard carnival. Build booths from refrigerator boxes. Have face painting and pie throwing (whipped cream on paper plates) contests. Make a ring toss using old coat hangers as the rings and soda pop bottles as the targets. Design a beanbag toss. Sell tickets to the neighborhood kids and give out small prizes.
136. Have neighborhood secret pals. Send cards, notes and small home crafted gifts. At the end of the summer host a party to reveal the identities of the secret pals.
137. Write secret messages to each other, using white rayon on white paper. To decipher the message tell the person to paint the paper with watercolors, and the message will appear.
138. Stage a musical production, using your children's favorite songs on tape or record. Have the kids mouth the lyrics with the singer.
139. Create your own crossword puzzles. Let younger children work them.
140. Make your won music video
141. Sign up your children and yourself for a first aid or CPR course.
142. Let your children put together a welcome packet for new kids in the neighborhood. Include a homemade map of the immediate neighborhood, important phone numbers, brochures from the library, museum and zoo. Include information about the best stores, barber shop, fast food places and favorite pizza parlor.
143. Start a recipe file for your teenage daughter.
144. Make a "because we love you" box for a family member who has had a hard week. Write notes and buy small inexpensive gifts.
145. Watch the stars. Lie on a blanket in the backyard with an astronomy chart and flashlight.
146. Make a family video of your summer. Tape fun things each week.
147. Have a sock fight. Roll sock into balls. Clear one room of all breakable items. Divide into two teams; decide on boundary lines and fire. We play the them music from Star wars during the battle.
148. Visit a nursing home with your children. Play games with the residents.
149. Write a family newsletter and mail it to relatives. Include a gossip column (who made the honor roll, who has a new boyfriend, who bought a new car) an article on family genealogy, a family trivia quiz or a calendar of family events.
150. Have a family meeting and make a list of the positive qualities of each member. This is a great self esteem builder!

MORE IDEAS!!

Biking, hiking, or roller-blading on the parkway

Roasting marshmallows. We live so close to the mountains!

Karaoke night

Do board games at the park

Set up a tent inside or outside and roast hot dogs over the stove

Put together a jigsaw puzzle in the mall's food court and drink lemonade

Fly kites

Have a foreign country night at home

Play hide and go seek in the dark! They love this!!!

Movie Night! We will either put the mattress in the living room or in our bedroom and we'll watch movies until we fall asleep! We like to make popcorn and cookies on this night.

Go for a drive and sing songs at the top of your lungs

Our kids love to play

Finger paint with pudding

Do a service activity

Have a pizza under the stars.

Do a fondue feast. Put Campbell's cheddar cheese soup with $\frac{1}{4}$ cup water in one, chocolate fudge or caramel in another, and oil in the last. Cut bite sized pieces of things that can be cooked in the oil, bread for the cheese and angel food cake or apples for the other.

A Happy meal. Take the family to the grocery store give everyone \$2-\$3. Tell them to buy whatever they want to eat. No one should know what other family members are buying. Go back home and have each person prepare their part of the meal, sit down and eat.

Campout in the back yard

Have a paper airplane flying contest

Take pictures at the temple

SUMMERTIME FUNTIME DAILY ACTIVITIES

JUNE

June 6	Make a poster of summer safety tips with your child.
June 9	Share family history & photos with your child.
June 10	Watch an educational television show with your child and discuss it.
June 11	Pick up a library reading list appropriate for your child's age and help your child get a library card.
June 12	Count the number of steps it takes to walk to the corner with your child.
June 13	Read a newspaper article about the environment with your child.
June 16	Have your child look for bugs. How many different kinds of bugs can he or she find? Size? Color?
June 17	Have your child list all uses of math around the house.
June 18	Cut pieces of paper into shapes and paste them in a quilt pattern with your child.
June 19	Cook dinner with your child and show him or her the do's and don'ts of preparing food.
June 20	Make up a board game with your child.
June 23	Have your child tell you a favorite story.
June 24	Have your child put an ice cube outside. How long until it melts? Until it evaporates?
June 25	Look up events on the day your child was born.
June 26	Take your child on a field trip.
June 27	Make finger puppets with your child. Cut the ends off the fingers of old gloves. Draw faces on the fingers with felt tip markers, and glue on yarn for hair.
June 30	Help your child find your town on a map.

JULY

July 1	Encourage your child to check out 2 books this month from the library.
July 2	Write a list of your child's favorite animals. Talk about what makes each animal special.
July 3	Include your child in preparing a healthy meal.
July 4	Explain origin of holidays, such as Independence Day.
July 7	Ask your child to write a thank you note or write a note to a relative or friend.
July 8	Ask your child to watch the moon and record changes in size and color.
July 9	Have your child decorate a shoe box to store treasures.
July 10	Talk to your child about fire safety. Discuss a fire escape route and have a mock fire drill.
July 11	Make a grocery list that fits within a budget with your child.
July 14	Learn a tongue twister with your child.
July 15	Talk to your child about avoiding strangers.
July 16	Hide a treasure with your child and draw a map to find it.
July 17	Practice printing or handwriting with your child. Make a certificate for a job well done.
July 18	Take a walk or bike ride with your child.
July 21	Discover when things were invented with your child. Make a timeline.
July 22	Have your child swap favorite books with a friend.
July 23	Tell a story. Ask your child to tell it back to you.
July 24	Ask your child to make a collage from things found around the house - ribbons, string, buttons, pebbles, etc...
July 25	Show your child how and when to dial 911.
July 28	Take your child to the grocery store. Talk about prices and weights of food.
July 29	Make a wish list of places you would like to visit with your child. Look them up on a map.
July 30	Make a personalized bookmark with your child.
July 31	Read a poem aloud with your child.

AUGUST

Aug 1	Ask your child to study town history from old newspapers.
Aug 4	Make fingerpaints with soap flakes, water and food coloring with your child.
Aug 5	Tell your child a story about looking both ways before crossing the street.
Aug 6	Ask your child to organize the coins in a coin jar.
Aug 7	Find and use a computer with your child.
Aug 8	Look for community service activities that can include your child.
Aug 11	Have your child talk with a person from another state or country.
Aug 12	Cut a snack, such as an apple or orange, into equal parts and talk about fractions with your child.
Aug 13	Turn off the TV for family reading time.
Aug 14	Compare history as presented on TV and in reference books with your child.
Aug 15	Have your child read your recipe to you.
Aug 18	Take your child to the park or playground.
Aug 19	Have your child find 3 jobs in the classifieds that interest him or her and discuss them.
Aug 20	Ask your child what being responsible means to him or her.
Aug 21	Measure objects in a room with your child. Make a floor plan.
Aug 22	Read about your state bird and state flower with your child.
Aug 25	Visit the library for a special children's program.
Aug 26	Help your child organize his or her own library.
Aug 27	Have your child be a pet detective and observe an animal.
Aug 28	String a macaroni necklace with your child. Have him or her count the pieces of macaroni.
Aug 29	Make a time capsule with your child and save it for a year or two.

EVERY DAY

- *Give your child a hug and say "I love you"
- *Praise your child
- *Talk with your child
- *Read and write with your child for at least 30 minutes
- *With your child, make a dictionary of new words and add to it.
- *Count with your child.
- *Listen to music with your child.

101 THINGS TO DO WITH YOUR TODDLER

1. Color
2. Blow Bubbles
3. Play hide and seek
4. Peek-a-boo
5. Play chase
6. Do finger plays
7. Sing a song
8. Collect rocks in a basket
9. Make an obstacle course out of cushions or furniture
10. Make a fort out of cushions and sheets
11. Go for a walk
12. Make a car out of a box
13. Read a book
14. Go to the park
15. Fingerpaint
16. Play with clay-dough
17. Toss bean bags into a bucket
18. Play the shell and pea game
19. Dance to music
20. Download games for toddlers from the internet
21. Practice putting things in and taking things out of boxes and bags
22. Make a temporary slide out of a table leaf and your couch
23. Roll a ball back and forth on the floor
24. Scoop dirt or sand into a child's bucket (or use a serving spoon and bowl)
25. Practice climbing by stacking boxes on top of each other (adult supervision)
26. Put on a puppet show
27. Go fishing with a yard stick and yarn
28. Make a horseshoe game
29. Make a shape puzzle
30. Play paper basketball
31. Run through a sprinkler
32. Play with a bucket of water and a sponge
33. Make a drum out of an oatmeal box
34. Play with a kazoo
35. Wash windows together
36. Bang on pots and pans with a spoon
37. Brush each other's teeth
38. Play dress-up with stuffed animals and your child's clothes
39. Stack canned or boxed food on top of each other
40. Let child stack mixing bowls inside each other
41. Make a playhouse out of a large box
42. Let child play with a sticker sheet
43. Put stickers on fingers for finger puppets

44. Play a musical instrument together - i.e. recorder, piano, etc..
45. Go on a smelling hunt
46. Frost cookies
47. Plant a flower or vegetable plant together
48. Roll a tennis ball into an empty trash can or bucket
49. Draw on a mirror with dry-erase markers
50. Play hide and seek together - trying to find a stuffed animal or other object
51. Have a splash party together in the bathtub
52. Put a leash on a stuffed animal and walk around the house
53. Record each other on a tape recorder (great for scrapbooks or journals)
54. Make and try on paper hats
55. Give a piggy back ride
56. Play "Horsie"
57. Talk into an electric fan (it distorts your voice)
58. Play tug-of-war with a blanket
59. Collect flowers (felt, artificial, real)
60. Make a camera and go on a safari
61. Play games with frozen juice lids
62. Disconnect your phone and pretend to make phone calls to relatives
63. Leave your phone connected and really make phone calls to relatives - let your child talk too
64. String large beads onto or along a shoelace
65. Squirt each other with squirt bottles
66. Glue shapes onto paper
67. Make sock puppets
68. Make paper puppets
69. Fill an old purse with toys
70. Use a paper towel tube as a megaphone
71. Make binoculars and go "bird watching" or "stuffed animal watching"
72. Put snacks in different fun containers (paper sacks, empty canisters, etc...)
73. Act out a story from a book
74. Walk on a balance beam - use a 2 X 4 placed on the ground
75. Draw with chalk on the sidewalk
76. Sketch an outline of your child on the sidewalk or paper with chalk
77. Paint child's palms with tempura paint and blot on paper. Makes a great card for loved ones
78. Put lipstick on child and kiss a mirror
79. Make a puddle on cement and splash barefoot in it
80. Let child decorate and eat an open peanut butter sandwich

81. Make a toilet paper barricade for child to go under, over, or through
82. Do the hokey pokey
83. Make a super-hero costume out of household items
84. Do knee-bouncing rhymes
85. Play "Red Light, Green Light" saying "Go" and "Stop"
86. Make a shoebox train for stuffed animals
87. Make a pillow pile to jump on
88. Make an easy puzzle with felt and velcro
89. Make bracelets or collars for stuffed animals out of pipe cleaners and jingle bells
90. Learn numbers from a deck of cards
91. Play the matching game with a deck of cards
92. Make a domino chain
93. Have a picnic in the park, backyard, or living room
94. Play dress up in Mommy or Daddy's clothes
95. Make a tin cup telephone and talk to each other in it
96. Make a nature collage
97. Mirror each other
98. Make a "Mummy Mommy" with toilet paper
99. Make a tape recording of short music selections and instructions to move in different ways
100. Make and walk along a toilet paper trail
101. TAKE A NAP!!!!