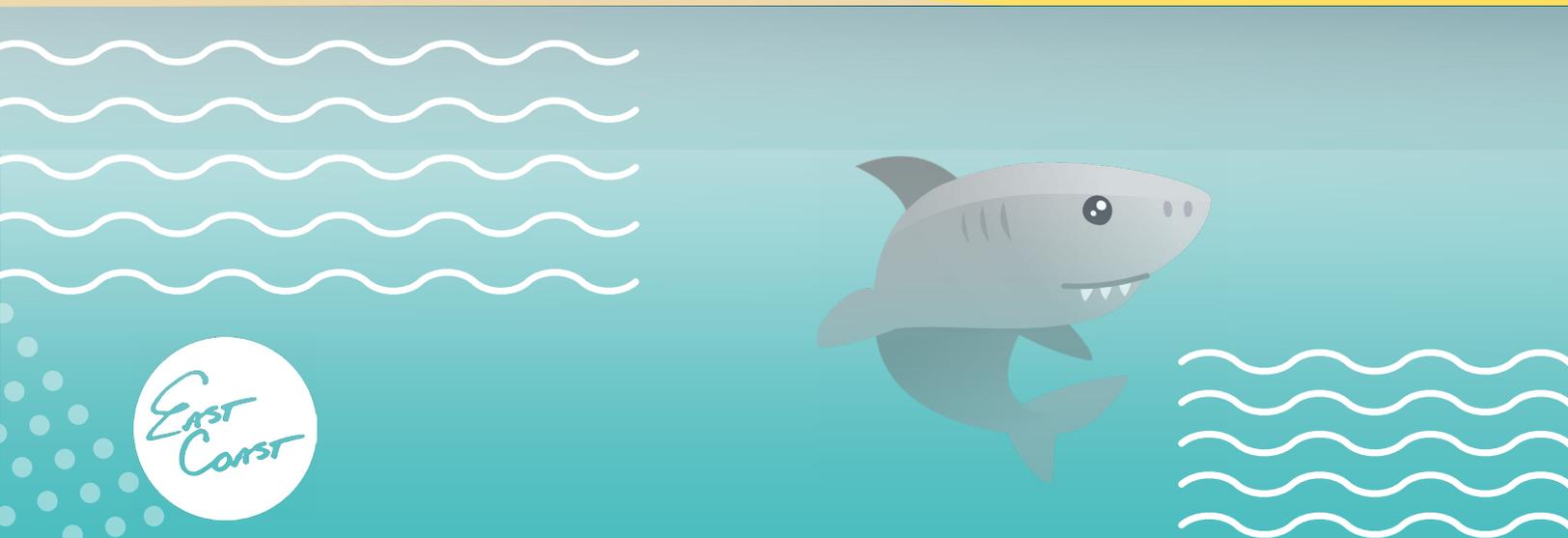
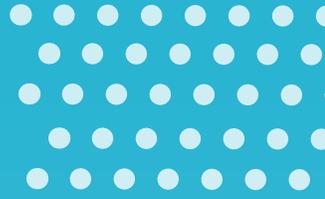
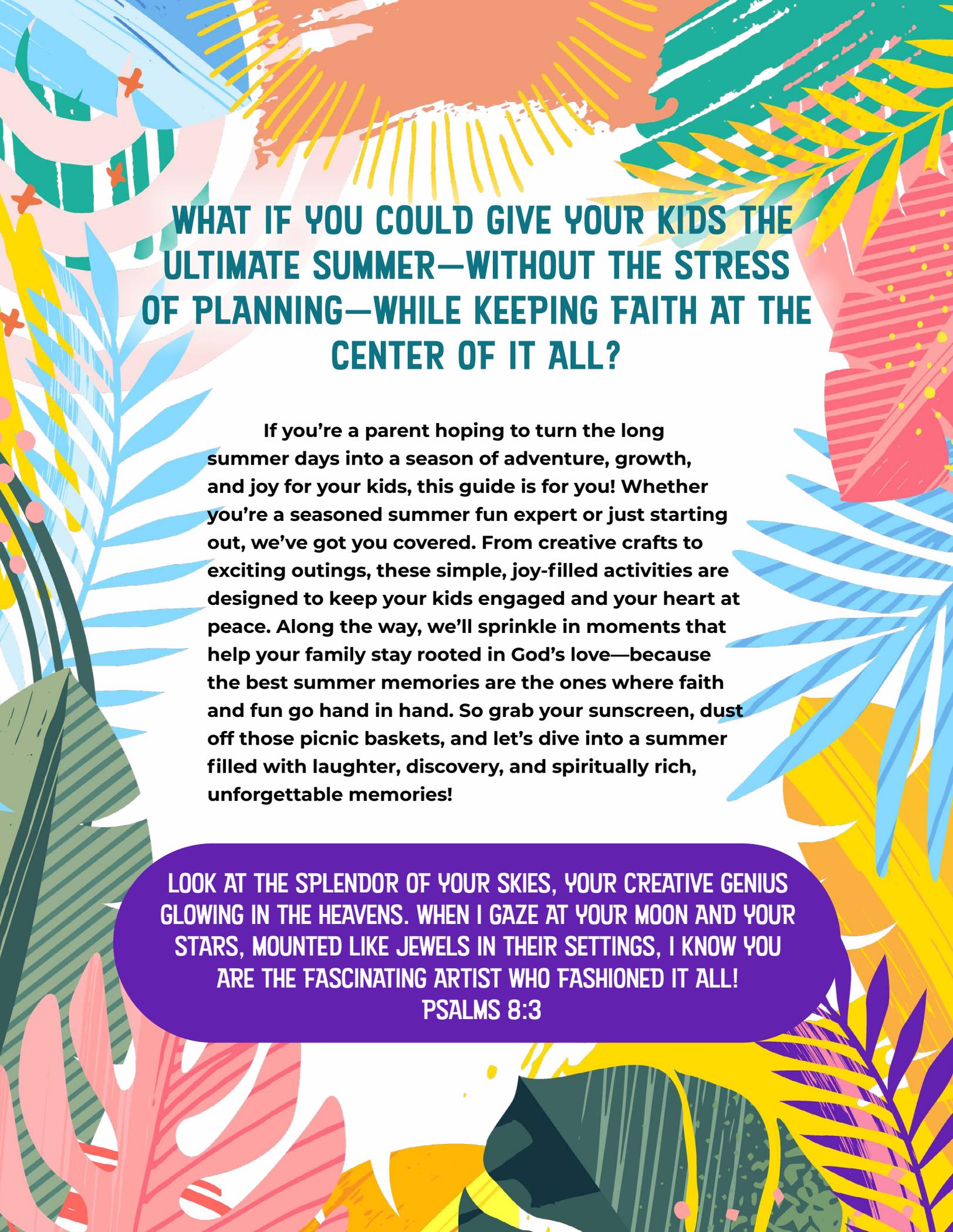


# ULTIMATE SUMMER GUIDE





## WHAT IF YOU COULD GIVE YOUR KIDS THE ULTIMATE SUMMER—WITHOUT THE STRESS OF PLANNING—WHILE KEEPING FAITH AT THE CENTER OF IT ALL?

If you're a parent hoping to turn the long summer days into a season of adventure, growth, and joy for your kids, this guide is for you! Whether you're a seasoned summer fun expert or just starting out, we've got you covered. From creative crafts to exciting outings, these simple, joy-filled activities are designed to keep your kids engaged and your heart at peace. Along the way, we'll sprinkle in moments that help your family stay rooted in God's love—because the best summer memories are the ones where faith and fun go hand in hand. So grab your sunscreen, dust off those picnic baskets, and let's dive into a summer filled with laughter, discovery, and spiritually rich, unforgettable memories!

LOOK AT THE SPLENDOR OF YOUR SKIES, YOUR CREATIVE GENIUS  
GLOWING IN THE HEAVENS. WHEN I GAZE AT YOUR MOON AND YOUR  
STARS, MOUNTED LIKE JEWELS IN THEIR SETTINGS, I KNOW YOU  
ARE THE FASCINATING ARTIST WHO FASHIONED IT ALL!

PSALMS 8:3

## STOCKING THE HOUSE



We know life doesn't hit pause for your kids' summer break. We've made a list of a few things to add to your summer closet inventory.

- ▶ First-Aid Kit
- ▶ Take advantage of your local library, and keep an alternating set of books on the coffee table.
- ▶ Art Supplies and Tools
- ▶ Cheap Sports Equipment: Frisbees, Baseballs, Footballs, Soccer Balls, Tennis Balls, etc.
- ▶ Water Bottles
- ▶ Slip-on Closed-Toed Shoes
- ▶ Easy-Refill Reusable Water Balloons
- ▶ Water Resistant-Card Games
- ▶ Swimsuits, Swim Trunks, Sunglasses, and Beach Towels
- ▶ Insect Repellent and Sunscreen  
\*Double check them to make sure they're not expired.\*
- ▶ Lemonade Stand Supplies
- ▶ Outdoor Sprinkler



## SUMMER OUTING BAG

If you are a family that's always on-the-go in the summer, creating the perfect summer outing bag can ensure that your family is prepared for a day of fun, no matter where your adventures take you!

Here are some essentials you could include:

- ▶ High SPF and Water Resistant Sunscreen, and Water Resistant Bug Spray
- ▶ Non-perishable snacks like granola bars, applesauce, fruit snacks, and nuts.
- ▶ Reusable Water Bottles  
\*Even better with ice!\*
- ▶ First-Aid Kit  
Band-aids, antiseptic wipes, insect bite relief, etc.
- ▶ Wet Wipes for quick cleanups
- ▶ Change of Clothes for unexpected messes and water play
- ▶ Hats and Sunglasses for sun protection
- ▶ A Camera to document the fun





## BRAINSTORM A POSSIBILITIES LIST

Sit down with the family and brainstorm a possibilities list for your summer adventures. Keep the list in your notes app, or somewhere everyone in the family can see!

Start by creating a calendar of each week's itinerary. Add a few fun activities to the schedule each week to give kids something to look forward to on slower days. This will also keep your stress levels low as everything will be written out and planned.

Make sure to add plenty of adventures that you will enjoy along with your children. Also remember to schedule time for you and your spouse to rest and decompress.

**USE YOUR IMAGINATION AND RESOURCES THAT ARE AVAILABLE TO YOU, LIKE PINTEREST, THE LIBRARY, AND YOUTUBE, TO HELP COME UP WITH FUN IDEAS!**

## IDEAS FOR YOUNGER KIDS

- ▶ **Arts & Crafts**  
Whether it's macaroni art or painting a picture of your pet, there are TONS of ideas and options for arts & crafts.
- ▶ **Make a Baking Soda Volcano**
- ▶ **Go on a Nature Scavenger Hunt**
- ▶ **Visit a Local Zoo or Petting Zoo**
- ▶ **Read a Book a Day**
- ▶ **Play in the Sprinklers**
- ▶ **Fly a Kite**
- ▶ **Visit a Dollar Store**
- ▶ **Have a Lemonade Stand**  
This is a fun and easy way to start teaching your kids about the value of money and generosity. Encourage them to donate a portion of their earnings to a local charity, mission, or even the church.
- ▶ **Make Ice Cream in a Bag or Container**
- ▶ **Take Swimming Lessons**
- ▶ **Play at the Park or the Beach**
- ▶ **Make Blanket Forts**



### FUN FACT

Formal swim lessons result in an 88% reduction in drowning risk for children ages 1 to 4.

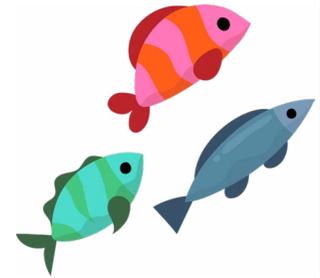
(According to the National Institute of Health.)



## IDEAS FOR OLDER KIDS & TEENAGERS

- ▶ **Learn a New Skill**
- ▶ **Create your Own Board Game**
- ▶ **Make a Time Capsule**  
Create a time capsule filled with notes, prayers, photos, and little treasures. Include a letter about what God is doing in your life right now—something your future selves will cherish.
- ▶ **Have a Bible Trivia Competition**
- ▶ **Volunteer at Church or in your Community**
- ▶ **Attend a Summer Camp or VBS**
- ▶ **Play Balloon Volleyball**  
Blow up a balloon and turn your living room into a volleyball court! It's silly, active fun—and a great way to be reminded that joy and laughter are a gift from our loving God.
- ▶ **Visit the Library**
- ▶ **Make a Baking Soda Rocket and have a Race**
- ▶ **Attend a Concert**
- ▶ **Write Letters of Encouragement to Friends and Family**  
Help your kids become encouragers by writing kind notes or drawing pictures to send to loved ones. It's a great way to practice speaking life and spreading God's love through words.
- ▶ **Plant a Garden**
- ▶ **Go see a Movie**
- ▶ **Go on a Hike**
- ▶ **Have a Picnic**
- ▶ **Have a Water Balloon Fight**

**A NUMBER OF THESE  
ACTIVITY IDEAS ARE  
GREAT FOR ANY AGE!**



**DON'T FORGET TO READ  
A QUESTION FROM YOUR  
CULTIVATE BOOKLET.  
ONE QUESTION EVERY WEEK.**



## FUN FAMILY ACTIVITIES

- ▶ **Read the Bible Together or do Daily Devotions Together**  
Set aside time to read a short devotional, pray together, and talk about what God is doing in each of your lives. This simple rhythm can shape your kids' spiritual growth in powerful ways.
- ▶ **Cook a Meal or Baked Good Together**
- ▶ **Have a Family Movie or Game Night**
- ▶ **Visit Your Local Library**  
Spend a few hours exploring the shelves with your kids and picking out new books to read (or read to them). Many libraries also offer free summer programs for kids—check their website!
- ▶ **Visit your Local Zoo**
- ▶ **Host a Neighborhood Game Night**
- ▶ **Visit a Local Landmark, Museum, or Park**
- ▶ **Visit a Farmer's Market or a U-Pick Farm**
- ▶ **Try At-Home Wacky Science Experiments**  
Infuse some learning into your summer with at-home science fun!
- ▶ **Visit your Neighborhood Pool**
- ▶ **Camp Out in the Backyard**
- ▶ **Try Something New**  
Whether it is a new food, hobby, or experience, try it!
- ▶ **Have a Karaoke Battle**
- ▶ **Go on a Hike Together**

## OTHER RESOURCES FOR PARENTS



**Care**



PROFESSIONAL COUNSELING AND REFERRAL  
FOOD PANTRY  
GRIEF SHARE  
CELEBRATE RECOVERY  
CARE MENTORSHIPS  
MARRIAGE COUNSELING AND MENTORING  
CARE IN ACTION

For volunteering opportunities check with:  
United Way of Brevard, Local Soup Kitchens, The Children's Hunger Project, Brevard County Parks and Recreation, your local Community Center, The Sea Turtle Preservation Society, and Keep Brevard Beautiful.



## 5 MINUTE PRAYER MOMENT

### 1. Prepare Our Hearts

Let's take one minute to quiet our minds and prepare to talk to and listen to Jesus.

During this time you can:

- Take slow deep breaths
- Close your eyes and imagine you're getting ready to meet with Jesus.
- Relax - Jesus is excited to spend time with you.

### 2. God's Promise (45 seconds)

God tells us something very special in the Bible.

*"I know the plans I have for you," says the Lord. "Plans to help you, not to harm you. Plans to give you hope and a future." Jer 29:11*

That means God has a plan just for you—one full of hope, purpose, and good things. He hasn't forgotten you. He knows your heart, your dreams, and even your questions.

### 3. Time with Jesus – Listening & Speaking (1.5 minutes)

Now let's take a minute to talk to Jesus—and listen to Him too. You can talk to Him in your heart. You might want to tell Him:

- What you're feeling today.
- Something you're excited or nervous about.
- A question you have.
- Or just say, 'Jesus, I want to hear from You.' Then just be still.

You might feel peace...

You might see a picture in your imagination...

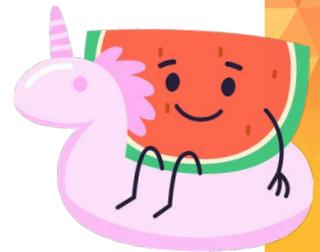
You might hear words in your heart... Or maybe you'll just feel His love around you. That's all part of being with Him. Let's be quiet now for one minute and be with Jesus. (Optional: play soft instrumental worship music.)

### 4. Group Prayer (1 minute)

(Invite kids to repeat line-by-line)  
"Jesus, Thank You for being near to me. Thank You for having good plans for my life. I want to know You more. Help me to hear Your voice. Help me to trust You, even when I don't understand. I love You, Jesus. Amen."

### 5. Wrap-Up & Reflection (30 seconds)

That was your time with Jesus—and He loved it. If He showed you something, or gave you a thought or picture, you can hold it in your heart—or write or draw it later. If you didn't feel or hear anything, that's okay too. He was still with you, and the more we listen, the more we learn to recognize His voice.



## SUMMER VERSE CHALLENGE

### Memorize the Lord's Prayer

Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

Matthew 6:9-13



## EAST COAST SUMMER EVENTS

JUNE 8<sup>TH</sup> // PROMOTION SUNDAY  
ALL AGES MOVE UP TO THEIR NEW CLASSES.

JULY 6<sup>TH</sup> // SUNDAY FUNDAY  
CELEBRATE JULY 4<sup>TH</sup>! DRESS UP IN RED, WHITE,  
AND BLUE AND GET A ROCKET POP.

JULY 14<sup>TH</sup> - 17<sup>TH</sup> // TNT CAMP

## SUMMER CHURCH-WIDE OPPORTUNITIES

INTERSHIPS  
[MYEASTCOAST.CHURCH/TNT](http://MYEASTCOAST.CHURCH/TNT)  
JOIN OR START A GROUP AT  
[MYEASTCOAST.CHURCH/GROUPS](http://MYEASTCOAST.CHURCH/GROUPS)