

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Game Night	2 Fruit Frenzy	3 Sky Day	4 Stories in the Sun	5 Picnic in the Park	6 Plant the Future	7 Splash-tacular: Water Balloon Fight
8 Game Night	9 Fruit Frenzy	10 Sky Day	11 Stories in the Sun	12 Picnic in the Park	13 Plant the Future	14 Splash-tacular: Waterpark
15 Father's Day Game Night	16 Fruit Frenzy	17 Sky Day	18 Stories in the Sun	19 Picnic in the Park	20 1st Day of Summer! Plant the Future	21 Splash-tacular: Swimming
22 Game Night	23 Fruit Frenzy	24 Sky Day	25 Stories in the Sun	26 Picnic in the Park	27 Plant the Future	28 Splash-tacular: Slip and Slide
29 Game Night	30 Fruit Frenzy					



Blank Children's Hospital
UnityPoint Health

Fruit Frenzy

Summer is the best time to try out new fruits! There are so many refreshing options to enjoy. Pick a new fruit to try every Monday in the month of June. You might even find some new favorites!

Game Night

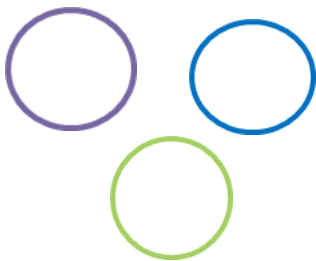
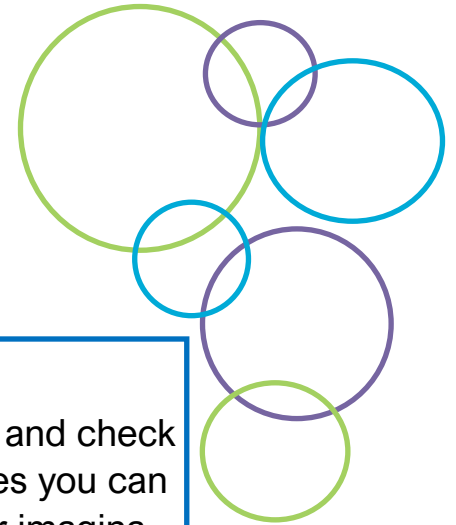
Spend some quality time together with a game night! On Sunday's get your family or friends together and pull out some games to try. You can play board games, electronic games like Just Dance, physical games like hopscotch, etc. This is a great opportunity to learn new games and maybe implement a game night every week!

Sky Day

Take some time to hang out and check out the sky. See what shapes you can find in the clouds. Use your imagination and get creative! You could also go outside at night and look up at the stars. See if you can find constellations like the Big Dipper and Orion's Belt! Spend some time outside looking at the sky!

Stories in the Sun

Get some Vitamin D every Wednesday! Pick out your favorite books and head outside in the sunshine! Find a comfy spot outside to sit or lay in the sun and enjoy some good books. This can last as long or a little as you would like. If it is not nice out on some of these days pick a location near a window and enjoy your book there! Get outside and enjoy Stories in the Sun!

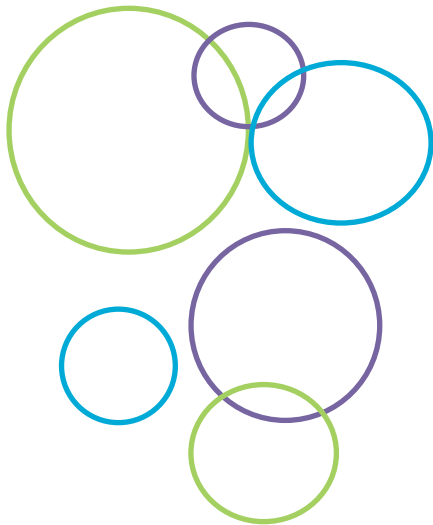


Picnic in the Park

Picnics are a fun way to enjoy your meals. While it is nice outside take the opportunity to enjoy a picnic every Thursday. Pack up your meal or snacks and head to your favorite park. You can make the picnics even more unique each week by giving them a theme!

Plant the Future

On Friday's this month get outside and plant something! Getting into gardening or planting new trees can be an exciting lesson to learn about how gardens work. You could plant something at your own house or at a friend's. You could also plant a new plant in a pot inside your house. Each week pick a new item to plant and watch it grow! Plant the Future!



Splash-tacular

During this hot summer, take one day a week dedicated to outdoor water activities. Each week there is a new plan for what activity you will complete. You can follow along or mix up the order as long as you spend the time in the water! Have a Splash-tacular Saturday every week in June!

Water Balloon Fight: Invite friends and have a friendly water war!

Waterpark: Use the hose and sprinklers to create games and obstacle courses in the backyard!

Swimming: Go to a pool or another water area with adults and swim!

Slip and Slide: Use a slip and slide or make your own with a tarp and hose!

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



Blank Children's Hospital
UnityPoint Health

A department of UnityPoint Health - Des Moines - Iowa Methodist Medical Center