

July 2025

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Color the Sky

Get outside and create some art! It is fun to be creative and even more fun to do it in nature. Each week find a new color craft to make outside! There are many options for you to create. Some ideas are tie-dye, water coloring, paint, crayons, colored pencils, chalk, etc. Choose which options you prefer every Sunday and create your coloring crafts!



Skip Skip Hooray

Who wants to walk when you can skip?! Spend a few hours and make it your mission to skip everywhere you go. This is a fun way to get in some physical activity while not being too difficult. Take a skip around the block, to a neighbor's house, to the park, or just around your own house. Want a snack? Skip to the kitchen! Want to play with a toy? Skip to where it is! This activity can be for as long or as little as you have time for! Skip Skip Hooray!

Big Hunt

Tuesdays we are going on a bug hunt! Get outside and see what creatures you can find. Look on the ground, on some plants, and in the sky. There are bugs everywhere! During the day look for butterflies and grasshoppers. Then at night look for fireflies! You can try to catch them if you want, otherwise just look at them and see what makes them unique. Maybe you will even find a bug you do not know about! Hunt those bugs!

Mix Fix

Trail mix is a great snack that can be taken anywhere. You can personalize this snack by adding anything into the mix! Create a new trail mix every Wednesday and snack on it for the next few days! Add in all of your favorite snacks and create the best mixes!



Wild Chef

Spend some time on Thursdays outside creating “delicious” dishes! Take all that you find out in nature and create some new meals. You could make a mud muffin or take a bunch of pinecones and make chips. There are so many options so get creative and make some new nature dishes you wild chef!

Smoothie Pop

Fridays are for smoothies! Take your favorite recipes and create a new smoothie mix! Add your favorite fruits and even hidden veggies into your smoothies and enjoy them on these warm days. This is the perfect snack option for the summer. July requires refreshing snack options and smoothies are the way to go! Create your favorite smoothie pops!

Chalk Chase

This game is a mix between Simon says and chase. Split up into two groups and grab some chalk. Send the first group out with the chalk. The rules are that they can lead the second group to wherever they choose but along the way they need to draw challenges on the sidewalk. For example, you could create flowers that the second group needs to jump on, a spot where they need to twirl, hopscotch, numbers they need to step on in order, foot agility, pop bubbles you draw on the ground, draw the full alphabet and have them spell their name, etc. Get creative with it! The second group will wait a set amount of time (10-30 minutes) and then follow the trail and try to catch up to the first group! Enjoy your game of chalk chase!

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



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