

July 2026

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Sunday Reset

Sundays can feel big for families — the weekend fun is winding down, Monday is around the corner, and both kids and parents may feel those familiar “**Sunday Scaries.**” A family friendly **Sunday Reset** helps everyone slow down, breathe, and ease into the week with intention.

Try cleaning shared spaces together, preparing outfits and bags for Monday, or enjoying a comfort show or activity. Prioritizing rest and an early bedtime helps kids start the week feeling calm, supported, and ready to go.



Try It Out Tuesday: Sports Edition

Try It Out Tuesday invites families to explore new sports together — no experience required. Whether kids are trying **pickleball** for the first time, playing **mini golf**, practicing **soccer** moves inspired by the World Cup, or **shooting hoops** like their favorite WNBA players, these activities build confidence, coordination, and family connection.

They're accessible for all ages and can be enjoyed indoors or outdoors. It's a fun way for families to stay active and energized all summer long. And maybe even find a new sport to love.

Make a Splash Monday

Summer brings swimming pools, lakes, splash pads, and lots of time around bodies of water and families play a key role in keeping kids safe. **July 25th is World Drowning Prevention Day**, encouraging life-saving habits that protect children around water.

From wearing life jackets to choosing a designated adult “water watcher,” these small steps help prevent drowning. Safety and fun always go together and try out these local water spots:

- Gray's Lake Park
- Easter Lake Park
- Racoon River Park
- Big Creek State Park

Wellness Wednesday

The middle of the week is the perfect time for families to recharge their minds. **Wellness Wednesday** is all about activities that support kids' emotional health and well being, creativity, and focus.

Enjoy puzzles, journaling, coloring, reading, or card and board games that stimulate creativity, problem solving, and fun while away from screens. With **World Brain Day** this month, it's a reminder that mental health matters for everyone, and these activities can start habits that boost both brain and mental health.

Tasty Bites Thursday

Tasty Bites Thursday turns the kitchen into a fun space to learn about healthy snacks and making food yourself. Families can make simple, colorful recipes like:

- **Protein energy balls:** rolled oats, peanut butter, honey, protein powder, add any other flavorings or toppings as you wish
- **Meat and cheese roll ups:** wrap your favorite deli meat and cheese in a tortilla with cream cheese and cut into pinwheels or leave as is.
- **Rainbow veggies** with salad dressing, hummus, or dip
- **Rainbow fruit kabobs** with fruit chunks on a stick

Cooking together as a family builds independence, new skills, giving kids the opportunity to try new foods, and helps them understand how healthy snacks help and fuel their bodies.

Stretch & Spark Saturday

Spend your Saturday by mixing celebration & calm, a perfect mix for a family-friendly weekend. All ages, parents & kids alike can celebrate July 4th & all its festivities and fireworks. Then after the 4th of July weekend, attend **Yoga in the Park** for a free yoga class or try yoga in the comfort of your own home.

Yoga is a great way to move your body, ground and center yourself, and become more flexible.

Yoga in the Park at Gray's Lake Park on the Southeast Lawn from 9-10 AM.

More information here: <https://www.dsm.city/departments/>

Friday Night Movie Night

Friday nights are the perfect night to grab a blanket, some popcorn, and enjoy a movie outdoors with family and friends. A free community movie nights across the metro is a relaxed, family friendly way to end the week.

These events give parents and kids a chance to unwind, socialize, and enjoy positive and hopeful stories together while enjoying the great outdoors and summer nights.

Free Flicks

- July 10: Zootopia 2 – Weeks Middle School – 6:30 PM
- July 24: The Little Rascals – Brook Run Park – 6:30 PM

Movies Under the Stars

- July 17: Hoppers – Bandshell at Wagner Park – Sunset
- July 31: The Super Mario Galaxy Movie – Sunset

More information: https://www.dsm.city/departments/parks_recreation/activities/special_events/free_flicks.php

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



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