



THRIVE BEHAVIORAL HEALTH  
MEETING PEOPLE WHERE THEY ARE

# Thriving Families

*During this challenging time, the Thrive team has decided to compile useful resources, tips and activities into a weekly newsletter for Thrive families. Most of these tips and activities are geared to children ages 4–12. We hope this brings you a simple and enjoyable way to stay connected to your family.*

## 5 Dinner Time Prompts

Try these conversation starters at dinner time and see where the conversation takes you!

- What’s your favorite summer bucket list activity?
- What’s your least favorite summer bucket list activity?
- What’s your favorite animal?
- Where would you like to go on vacation?
- What was your favorite part of the school year?

### Mindfulness Corner

#### Body Scan

The body scan activity is a quick and effective mindfulness practice to help with stress and overwhelming emotions, like anger or frustration. Try this fun body scan video with your children!

[https://www.youtube.com/watch?v=56\\_8aK3cLEA](https://www.youtube.com/watch?v=56_8aK3cLEA)

# Summer Bucket List

We've compiled a list of super fun things to do over summer break. Don't forget to check off what you have completed for your summer bucket list!

Build A Sandcastle

Make Tie-Dye Shirts

Have A Water Balloon Fight

Make S'mores

Blow Bubbles!

Better yet, make some bubble art with this fun craft!



#### Supplies:

- Bubble mix
- Bubble wand
- Food coloring
- Paper

#### Instructions:

1. Pour 1 tablespoon of bubble mix into a small bowl.
2. Add a few drops of food coloring to the bubble mix and stir well.
3. Place your bubble wand in the colored mix, remove and blow bubbles towards your paper.
4. As the bubbles hit the paper and pop, they will leave interesting patterns. Repeat with other colors.

Homemade Strawberry Smoothie Ice Pops

#### Ingredients:

- 8 fresh strawberries
- 1/4 cup plain yogurt
- 1/4 cup apple juice
- 2 tablespoons honey

#### Instructions:

1. Blend strawberries, yogurt, apple juice and honey in a blender until smooth.
2. Pour blended mixture into ice pop molds; freeze until solid (about 12 hours).



Go To The Beach

Catch Fireflies

Go Cloud Watching

Dance In The Rain

## Homemade Ice Cream

### Ingredients:

- 2 cups heavy whipping cream
- 14 ounces sweetened condensed milk
- 1 teaspoon vanilla extract



### Instructions:

1. In a large bowl, use a hand mixer or a stand mixer to whip the cream until stiff peaks occur, be careful not to over whip. The cream will be done when you pull the beaters out and the cream stands at attention.
2. In another large bowl, whisk the vanilla into the sweetened condensed milk. Gently fold in the whipped cream with a spatula, slowly incorporating the two mixtures together so it stays light and aerated.
3. If making individual flavors, scoop the cream mixture into smaller bowls and gently fold in your desired mix-ins, or if making just one flavor, mix the ingredients directly into the cream mixture.
4. Transfer the mixture to an insulated tub or paper containers and freeze for 4-6 hours.

Go Camping

Go To The Pool

Run Through Sprinklers

Keep a Summer Journal

Fly A Kite

Watch the Sunset (over the beach, lake, beautiful scenery )

## Fresh Squeezed Lemonade

A big glass of ice cold lemonade is the perfect summer drink! Try out this recipe and make your own homemade lemonade. Turn it into a fun summer day activity by setting up a lemonade stand in your neighborhood!

### Ingredients:

- 1 1/4 cups white sugar
- 8 cups of water
- 1 1/4 cups fresh squeezed lemonade



### Instructions:

1. In a small saucepan, combine sugar and 1 cup of water. Bring to boil, and stir to dissolve sugar. Allow to cool to room temperature, then cover and refrigerate until chilled.
2. Remove seeds from lemon juice, but leave pulp (if you want). In a pitcher, stir together chilled syrup, lemon juice and remaining 7 cups of water.

## Go Star Gazing!

Check the weather for a nice clear sky night, lay out a comfy blanket and some pillows, and look up at the stars! Do you see a lot? Can you spot any constellations? Want some help with spotting constellations? Download a free star constellation app!



Check out this website for the perfect kids guide to star gazing—  
<https://www.amnh.org/explore/ology/astronomy/a-kid-s-guide-to-stargazing>

## Slime Suncatchers

### Supplies:

- Homemade slime—learn how to make it here <https://babbledabbledo.com/how-to-make-slime-neon-style/>
- Containers for the slime
- Recycled plastic lids

### Instructions:

1. Place each color of slime in separate containers.
2. Break off chunks of slime and place in the plastic lids. If your slime is gooey drip and drop over the lids.
3. Place enough chunks that the lid looks full. There may be gaps, the slime will naturally flow in all gaps as it settles.
4. Allow to dry for 36-48 hours.
5. Once the slime is dry, gently peel it off the lid and stick to a window.

You're done! These can be removed from glass by gently peeling back a section and pulling. Once removed they will not be able to be re-adhered but you can hang using tape or a string.



Watch the Sunrise

Watch a thunderstorm

Jump in Puddles

Go on a Picnic

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