



A GENTLE SUMMER LIST



- ☐ Watch one sunrise
- ☐ Swim in a lake
- ☐ Paddle somewhere you've never explored
- ☐ Read outside
- ☐ Walk barefoot in the grass
- ☐ Pick fresh flowers
- ☐ Eat tomatoes still warm from the garden
- ☐ Listen for the loons

- ☐ Watch a summer thunderstorm
- ☐ Make homemade lemonade (see below)
- ☐ Sit around a campfire
- ☐ Watch the stars
- ☐ Tell someone you appreciate them
- ☐ Hug someone a little longer
- ☐ Be completely still for ten minutes
- ☐ Let yourself enjoy this season exactly as it is

