

31 SUMMER ACTIVITIES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

 **AUGUST 2025** 

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Day at the Pool/Lake	2 Go on a Hike	3 Spend Time Gardening
4 <u>Pick Your Own Fresh Fruit</u>	5 Make Homemade Popsicles	6 <u>Drive-In Movies</u>	7 Have a Picnic	8 <u>Go to a Farmer's Market</u>	9 Go out for Ice Cream	10 Play Lawn Games
11 <u>Sign Up for a Sport</u>	12 Watch the Perseids Meteor Shower	13 Spend Time at a Museum	14 Make a Scrapbook	15 <u>Visit a Zoo</u>	16 Visit Family	17 Visit a Playground
18 <u>Do a Science Experiment</u>	19 Write a Song	20 Use Sidewalk Chalk	21 Do a Puzzle	22 <u>Visit a Waterpark</u>	23 Go to Your Local Library	24 Make Homemade Fruit Smoothies
25 Make Lemonade	26 <u>Art Classes/Workshops</u>	27 <u>Volunteer</u>	28 Go See a Movie	29 Have a Dance Party	30 Pick Flowers	31 <u>Go on a Nature Walk</u>