Celebrate National Childrens Day!

June 11, 2023

National Children's Day is celebrated annually on the second Sunday of June. This day addresses the importance of children in society and encourages discussion on how to improve children's welfare, invest in their future, and address mental and physical health issues they may be dealing with. And, it's an opportunity to encourage families to spend time with their kids and make precious memories together.

- Go for a walk
- Create an obstacle course
- Learn some magic tricks
- Create a time capsule
- Plant some flowers
- Toss water balloons
- Host a teddy bear picnic
- Learn a tongue-twister
- · Camp out in the back yard

ASTRIAHEALTH

- Play card games
- Make a home movie

- Try funny hairstyles
- Make a scavenger hunt
- Go on a nature walk
- Ride bicycles, skateboards, or scooters together
- Make play dough
- Go on a bug hunt
- Take a picnic to the park
- Visit the playground
- Build something
- Play a board game

- Fly a kite
- Feed the ducks
- Have a Treasure Hunt
- Go fishing
- Try stargazing
- Take a night hike
- Decorate your driveway
 with pavement chalk
- Watch the clouds together
- Run a lemonade stand
- Wash the car