

# Smart Summer Tips

## to Encourage Learning Through Play

By Sunshine Children's Dentistry

### **MAKE-IT** **MONDAY**

Build, paint, draw,  
photograph, film,  
garden, crochet,  
sew, music

### **TOURIST** **TUESDAY**

Explore something  
new about your  
hometown or  
another city

### **WRITE-IT** **WEDNESDAY**

Keep a daily journal  
of observations,  
thoughts, &  
drawings

### **THANKFUL** **THURSDAY**

Random acts of  
kindness for loved  
ones &/or your  
community

### **FOODIE** **FRIDAY**

Bake a new recipe,  
try a new restaurant,  
take a cooking  
class

### Before asking for **ELECTRONICS...**



### Start your day smart by:

- [ ] Get dressed & brush hair
- [ ] Eat a healthy breakfast
- [ ] **BRUSH & FLOSS** your teeth
- [ ] Make your bed
- [ ] Clean up your bedroom
- [ ] Help a family member

### Bored? How many of these can you check off?

- |                                 |                             |
|---------------------------------|-----------------------------|
| [ ] Make something creative     | [ ] Read a book (30 min.)   |
| [ ] Journal or write a letter   | [ ] Play outside (30 min.)  |
| [ ] Practice a hobby/instrument | [ ] Coloring book (30 min.) |
| [ ] Help clean the house        | [ ] Take care of pets/yard  |
| [ ] Talk to a friend/relative   | [ ] Dance party!            |

#### Looking for a FUN Dentist?

Call us today! 910.762.7736  
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Sunshine Children's Dentistry

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